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Your essential daily news | WEDNESDAY, SEPTEMBER 2, 2015

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OIL GLOOM HITS HUNDREDS

Canada in 'technical' recession as 900 jobs lost in Calgary

metroBUSINESS

THE CANADIAN PRESS

City reworks cycle tracks

TRANSPORTATION

Commuter and business concerns being considered

Helen Pike
Metro | Calgary

Cyclists and motorists may notice changes to the downtown network pilot in the coming weeks — but don't worry, they aren't getting rid of the tracks.

The City of Calgary, which has been urging commuters to bring concerns to 311 since the cycle track launched in June, have begun tweaking the system to better meet the needs of businesses and commuters in the core.

Construction on 8 Avenue, west of 8 Street, will bring more parking for businesses while narrowing lanes, but not eliminating any. Crews hope to finish up construction Friday.

"We're making some changes, if we see an issue we're trying to resolve it," said cycling co-ordinator Tom Thivener.

Responding to concerns from businesses the city is adding parking which means the bike lanes and traffic lanes will be narrower.

"There are some concerns with the asphalt west of 8 Street," said Kimberley Nelson of Bike Calgary, adding the gutter area has been considered in the lane and it has many potholes.

The track between 5 Street between 15 Avenue entering onto 17 Avenue will also be updated to safely allow cyclists to continue from the one-way street to two lane traffic after 17 Avenue.

"It will be much more predictable; you won't have a weird crossover," said Thivener.

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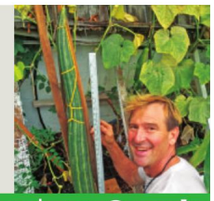

Behold, contender for longest pickle on the planet. Canada

CBE stands by bus stop changes

SCHOOLS

Parents told to make alternative plans in winter

Aaron Chatha
Metro | Calgary

Amanda Thompson barely got her daughter to the bus stop on time for the first day of school.

The Calgary Board of Education reduced the number of bus stops this year to save on costs and reduce ride times.

But for Thompson and her daughter, the nearest stop is now a 30-minute walk from her house. The walking route goes along Shaganappi Trail, which has no sidewalks for pedestrian use, only a strip of cut grass.

"They expect me to take her on two streets, one is 80 kilometres-an-hour, one is 60, with no sidewalks, for a half hour, to get her to her bus stop," Thompson explained. "Once winter hits, I'm going to be walking up an ice hill with a six-year-old in tow. My thoughts are 'this doesn't make sense.'"

When she brought her situation to the CBE, they told her they don't change routes because of distance.

Thompson said it's not an issue of distance; it's an issue of safety.

She doesn't own a vehicle and the only other route involves taking a different bus to get to her daughter's bus stop.

Amanda Thompson said walking her daughter to the bus stop would take 30 minutes and take her along Shaganappi Trail, right, which has no sidewalks.

GOOGLE MAPS; AARON CHATHA/METRO

But on the first day of school, two busses passed her by, both too full to allow her and her daughter on.

Thompson is among many parents worried about the long distances their children now have to travel to reach a congregated bus stop. Thompson's daughter, however, must walk further than most as she attends an alternative program school outside her area.

CBE chair Joy Bowen-Eyre spoke to the media Tuesday to address parent concerns.

"We have a complex transportation system, with more than 1,000 routes and serving approximately 38,000 students, and we continue to get registrations for bus transportation daily," said Bowen-Eyre.

For parents concerned with long walking distances during the cold winter months, Bowen-Eyre said they could look into different options, including carpooling or ensuring a responsible adult gets them to the stop safely.

She also said they have introduced a GPS system to track buses if they come late.

Bowen-Eyre said for alternative school students the situation is different as there may only be one child in a community going to an alternative program school. She said it's not cost effective for them to do door-to-door service in those cases — meaning some longer distances to travel for those students.

She said all requests made to the CBE by parents will be examined.

SCHOOL FEES

More teachers, support staff, but no fee solution

The first day of school provided an opportunity for Alberta's education minister to tout additions made with money announced by the governing NDP back in May.

Minister David Eggen was in Edmonton Tuesday to highlight added teachers in that region following the restoration of $103 million in education funding.

According to the province, the CBE added 114 teachers and 79 support staff and cut bus fees by $30 per student, along with maintaining services for vulnerable students. The Calgary Catholic Board hired 40 diverse learning teachers and restored high school staffing ratios.

"It's important to keep our eye on the ball of what the government is responsible for and the fact that we will not waver in our commitment not just to defend education but to strengthen it across the province," Eggen said.

Still, an unfulfilled promise made on school fees during the campaign lingers. Eggen said there wasn't enough time to get something in place for this year.

"We've just been in action here three months," he said.

DARREN KRAUSE/METRO
WITH FILES FROM BRAEDEN JONES

END OF SUMMER BREAK

Jitters on the first day back to school

Emily Coulter, 12, started Grade 7 on Tuesday and she was getting used to the idea of entering a new school.

"I'm a bit anxious — I don't know what to expect," the St. Stephen Middle School student said. "I'm going to have to walk around the school to go to different classes, and in my old school I had to just sit and wait for the teachers to come over."

Coulter was joined by thousands of other Calgary students filing into school on Tuesday, and marking the end of their summer break.

At Chinook Elementary School, students and teachers kicked off their first day with a metal recycling program. They'll be teaching parents and community members about metal recycling throughout the year. The recycled metals, which include old appliances, will be sold to the scrapyard. Students will choose an environmental charity to donate the proceeds to. The local community centre and high school will be helping them out.

Teacher Stephanie Bartlett helped organized the initiative.

"In the words of some of the kindergarten students last year, they say we're saving the universe," she said.

While many students were enthusiastic to start a new project on their first day, others had bigger priorities. "Halloween parties," said Jack Holmes.

"I like meeting new teachers every grade. A good teacher is keeping everyone safe," said Isabella Aber.

It's also the start of school for teachers, though many were working in the days leading up to today's start. "It's so fun to see how happy they are and excited to be back, learning and seeing their little friends," said Zoe Serediuk, principal of the school.

AARON CHATHA/METRO
WITH FILES FROM JENNIFER FRIESEN

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Const. Jeremy Shaw live tweeted his morning with a Calgary traffic unit handing out tickets to people speeding in school zones. COURTESY @CSTSHAW

Calgary police going back to school (zones)

SAFETY

Traffic unit monitoring, tweeting on first school day

Aaron Chatha
Metro | Calgary

On Tuesday, Calgary schools welcomed the return of students, teachers, parents and — of course — the police.

Const. Jeremy Shaw was out with a traffic unit monitoring school zones during the first day of school, and live tweeting his day. He said he was pleasantly surprised with what he saw.

Most vehicles were driving the speed limit. His unit only wrote 12 tickets. He thinks many drivers were aware today was the first day of school and were on their best behaviour. But that may change as the school year progresses.

"As a matter of fact, one parent walking her kid to school said, 'Oh yeah, the first day of school they're all behaved. But come back next week and you'll see what's going on around here.' I'm sure there's a truth to that," Shaw said.

Of the 12 tickets his unit wrote, he said two were for passing in a school zone and one was for talking on a cell phone. The rest were for speeding, and some drivers tried their best to get out of it.

"One person said their foot slipped on the pedal because they didn't adjust their seat before they started driving," Shaw said. "Of course we had a few that were late to drop their kids off to school. One who claimed he was coming off a night shift and wasn't familiar with the area."

It would appear parents were thankful for the police presence. Shaw said a number of them drove by, doing the speed limit, and shouted, "Thanks for being here!"

NO. 1 OFFENCE

But the most common offence Shaw saw on Tuesday? Kids not wearing bicycle helmets. He reminded parents to keep their kids safe.

Hot August the new norm

FORECAST

Weather Network predicts warm fall

Jeremy Simes
For Metro | Calgary

The Weather Network's fall outlook and winter preview for Alberta may or may not please you.

According to meteorologist Dayna Vettese, the province will likely be drier and warmer than normal throughout the fall and winter months.

So if you farm or like to take to the slopes, you'll probably be disappointed with the upcoming weather, Vettese said.

"It'll make driving easier for those in the city," she said. "But those in agriculture and others who like the ski slopes will feel it."

Farmers in the province have already been hit by record drought in some areas. Twenty-five counties — almost all north of Red Deer — have declared they're in a state of agricultural disaster.

Vettese said strengthening El Nino conditions could contribute to warm and dry temperatures.

But on top of that, Vettese said "The Blob" — a weather system with above-normal surface temperatures on the west side of the Pacific Ocean — has been the key contributor to Alberta's dry and warm weather for the last two years.

But you should still expect those cold spells, even though they'll be few and far between, Vettese said.

She added that both Calgary and Edmonton will be in a similar situation for the next two seasons, when Edmonton might see a bit of precipitation.

Calgary is always a bit unpredictable, she said: "Calgary will always be strange because of the mountains."

WEATHER

Greenhouse effect could lead to drier conditions

Andrea Ross
Metro | Edmonton

The scorching August temperatures in both Edmonton and Calgary could become the new normal, a University of Alberta professor says.

Last month was Edmonton's second hottest August in the past 20 years, and in Calgary conditions were just slightly cooler. And the reason, said U of A Earth and Atmospheric Sciences professor Gerhard Reuter, is a provincewide El Nino cycle of light westerly winds coming over the mountains and settling into what we know as a warming Chinook effect.

This might sound a bit scientific, but Albertans certainly felt it — the average daytime high for August is about 22 degrees Celsius, but the average last month was almost 25 C in Edmonton and almost 24 C in Calgary.

"The air gets compressed and heats up, and if there are no or few clouds, we get a lot of solar radiation and heating by the sun," Reuter said.

Brutal temperatures in late summer could become a yearly occurrence. HILARY MCDONALD/METRO

> **"The air gets compressed and heats up, and if there are no or few clouds, we get a lot of solar radiation.**
> Gerhard Reuter

"That and the combination of those weak winds from the west and the lack of cloud cover together makes for the warm weather."

Reuter said this trend of hot summers could happen more often. As the Arctic continues to warm with more carbon dioxide released in the air, a greenhouse effect could mean more evaporation and drier conditions.

This warmer weather was felt across Alberta, and the trend could stretch into a warmer than usual fall, he said.

"There are other factors that would pertain to that, but the probability of having a warm fall is higher than usual because of the El Nino," Reuter said.

Record-breaking scorcher

Alberta's temperatures exceeded the province's historical monthly averages, punctuating what we already knew: August's sweat-dripping summer days were very, very warm.

24.5 C	22.6 C	3 days	23.6 C	22.8 C
Edmonton's average daily high throughout August 2015 was 24.5 degrees.	Edmonton's average 30-year high temperature in August is 22.6 degrees.	Throughout August, there were three days when temperatures exceeded 30 degrees — the most since 1998.	Calgary's average daily high throughout August 2015 was 23.6 degrees.	Calgary's average 30-year high temperature in August is 22.8 degrees.

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EMERGENCY

Two escape fire that left home damaged

Calgary firefighters doused a blaze Tuesday afternoon that left a home in the city's northwest significantly damaged.

Calgary Fire Department spokeswoman Carol Henke said crews attended the fire just before 3 p.m. Tuesday on the 2800 block of 23A Street NW.

Henke said when they arrived fire crews saw smoke coming from a basement window and found two middle-aged male residents who had got out by themselves.

"They suffered minor smoke inhalation and were advised to seek medical attention but refused," she said. "So it doesn't appear they were too badly affected."

According to Henke, firefighters searched the basement and found no other people inside.

"The fire is now out and the house has sustained significant damage to the basement and smoke damage to the rest of the home," said Henke. "It certainly doesn't look like the residents will be returning home anytime soon."

It's unclear if there were working smoke alarms in the home at the time of the blaze. The Calgary Fire Department fire investigator is currently on scene to determine the origin and the cause of the fire.

METRO

> **It certainly doesn't look like the residents will be returning home anytime soon.**
> Spokeswoman Carol Henke

INVESTIGATION

Boy, 5, in hospital after attack by dog

A five-year old boy was taken to the Alberta Children's Hospital with serious soft tissue injuries to his face, after he was allegedly attacked by a dog in his home at the 6900 block of Ranchero Road NW, according to EMS.

Upon arriving at the scene at noon, EMS said the dog had been contained in a closed room in the home.

Calgary Animal and Bylaw Services said it seized the dog with a "catch all pole" shortly after 12:30 p.m., when it arrived on scene.

EMS said the dog isn't the family's pet, and others were in the home at the time of the incident.

ASSESSMENT

Aggression level tests

Bylaw services said the dog will undergo a behavioural assessment to determine the dog's level of aggression.

From there, bylaw services said it will best determine a course of action for the future handling of the dog while in public.

Police and bylaw services are continuing to investigate. The breed of the dog wasn't verified.

METRO

Detectives Dean Jacobs and Justin Brooks show an interactive map of Calgarians using peer-to-peer sharing services to access child porn. Six people from the city are facing exploitation charges. LUCIE EDWARDSON/METRO

Child porn bust nets eight from Alberta

CRIME

Some victims in shared photos just six months old

Lucie Edwardson
Metro | Calgary

Six Calgarians are facing child exploitation charges following a seven-month investigation deemed Operation ICE Storm by Alberta Law Enforcement's Response Team (ALERT).

Calgary police Det. Dean Jacobs said the operation took place between September 2014 and March 2015.

Sixteen search warrants were executed, resulting in the arrest of eight individuals and the seizure of 85 computers and other electronic devices. More than 14 TB of data was analyzed by forensic technicians, and 100,000 photos and videos of child exploitation were identified, Jacobs said.

Jacobs said some of the victims in the photos are estimated to be as young as six months old. He said the photos and videos "depict extreme sexual abuse."

Primary investigator, Det. Justin Brooks, said at this point in the investigation ICE investigators don't believe any of the victims are from Alberta, and none of the offenders committed the "hands-on offences."

He said he believes viewing and sharing the photos are just as bad as having a hand in the offences.

"In my opinion there's really no difference," said Brooks. "When you're creating demand for this type of material you're essentially aiding the predator creating the supply."

Operation ICE Storm II targeted individuals "sharing vast sections of child exploitation photos and videos using peer-to-peer sharing networks," said Brooks.

A total of eight Albertans have been charged in the case. The accused are the following:

From Calgary: Luis Bexiga, 37; Daniel Clarke-Feer, 47; Brad Drummond, 33; Michael Hiles, 40; Eduardo Ramirez, 46; and Keith Vittie, 27.

Additionally, Marc Sicotte, 33, of Chipman; and Coling Penner, 60 of Sherwood Park.

Bexiga faces 13 other related charges. Clarke-Ferr faces seven other related charges.

ALERT said the first edition of Operation Ice Storm concluded in April 2014 with the arrest of 10 offenders.

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Air quality advisory lifted

HEALTH

Smoke from U.S. fires no longer affecting Calgary: AHS

Jeremy Simes
For Metro | Calgary

Calgarians can finally breathe fresh air again.

Alberta Health Services (AHS) lifted the air quality advisory issued on Aug. 24 for the Calgary Zone on Tuesday.

Smoke from forest fires burning in the northwestern U.S. is no longer affecting the city, AHS said in a press release.

Last week, air quality was estimated to be 12 and higher on a 10+ scale, with anything higher being hazardous to the health.

During the smoky situation, Nicole MacPherson said the smoke takes a toll on her 11-year-old who is pre-asthmatic, leaving the family to stay indoors and play board-games.

On Tuesday, she said the family was able to enjoy the outdoors again.

"Ever since the air has cleared up it's been easy for us to be outside," she said. "I also don't have to worry about having the dog outside."

AHS said its reminding Calgarians that the city's air quality will vary as weather conditions change year round.

Air quality information can be found at airquality.alberta.ca and by calling 1-877-247-7333.

Calgary no longer suffers from a haze that made the air hazardous to the health of residents. METRO FILE

ART

'When I'm painting ... I am somebody'

Before Enriquito Selfismo immigrated to Calgary, he was confronted by a group of men looking to steal his shoes and neck-chain in his hometown of Havana, Cuba.

Selfismo, then 17, said he thought he could handle the thieves and, upon retaliating, one man pulled out a samurai sword and began to hack away at Selfismo's arm, leaving him physically battered and in a state of mental instability.

"It was so bad," he said. "I became aggressive with people. I was never like that."

He said the incident only worsened his impoverished life in Cuba but, somehow, eventually became a blessing — he coped with his mental issues through painting and still can't put the brushes down.

"When I'm painting, I feel like I am somebody," he said.

Selfismo describes his work as a form of abstract expressionism.

"You don't really see this type of work in Calgary," said Kayla Shimbashi, manager of the Uptown 7th gallery, where Selfismo's paintings are currently hanging. "(His work) really stands out and catches your eye."

Selfismo said Calgary's art community has been incredibly supportive and hopes one day his son — his true inspiration — will be able to move to the city and experience its many opportunities. His work can be seen at the Uptown 7th gallery on 127 Avenue SW. JEREMY SIMES/METRO

Throughout Enriquito Selfismo's turbulent life, art has always grounded him. JEREMY SIMES/FOR METRO

GOLF

Phil Mickelson set to design Calgary course

Phil Mickelson will make a stop Calgary next week to discuss his first Canadian golf course design project — Mickelson National Golf Club.

The championship course will be located in the community of Harmony, located in Rocky View County.

"I'm thrilled about my partnership with Windmill Golf Group and the opportunity to design my first signature golf course in Canada," Mickelson said in a press release.

"We are in the process of creating an outstanding and versatile golf course — one designed to provide both plenty of options for amateurs to enjoy and a strong test for the world's best players in a PGA Tour event."

Mickelson will be stopping by the Hamptons golf club for the event.

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Top: The Downtown Community Garden plot before the hail storm. Bottom: Adam Huebert helps Clare Sackman tend to the replanted garden. CONTRIBUTED; JENNIFER FRIESEN/FOR METRO

New sprouts raise hopes and spirits

COMMUNITY GARDEN

Volunteers help feed clientele at drop-in centre

Helen Pike
Metro | Calgary

It took about a week for a team of dedicated Drop-In & Rehab Centre volunteers to clear the debris after Mother Nature ripped through the Downtown Community Garden — and things weren't looking good.

But when Mother Nature takes away she can also give back.

Many gardens in Calgary were flattened by two hail storms earlier in the summer, including the Downtown Community Garden. The drop-in centre's cooks depend on the plot's vegetables and flowers to supplement clients meals with fresh veggies to accommodate those on plant based diets. But it also acts as a community for those who drop in.

A crew of working clients were really rooting for their patch to make it through the storm, and now after waiting anxiously for new life, they've seen a few greens sprouting.

"Stuff wasn't coming back, so it was a lot of cleanup — a lot of work we put into it," said Jorge Campusano, the centre volunteer co-ordinator. "We started to notice it wasn't coming back, so we replanted."

The Downtown Community Garden is a place where Adam Huebert goes to get out and into the community. He's been at the Drop-In for a month and a half now and said gardening is something he's done on and off with his family for about 20 years.

"It's fun, it gets you out of this place, and pretty much all the people out there are the best people in the building" Huebert said. "I was living in Bowness before; I came from a bad place."

> **A lot of work we put into it.**
> Volunteer co-ordinator Jorge Campusano

The 26-year-old said he's one of the regular gardeners and has been watering the lettuce that survived.

"A lot of it is just giving myself and the other clients something to do," he said, adding it feels good to give back. "But if it can go to a good cause it's that much better."

The Barclay Parade between 5 and 6 Avenue will be shut down Wednesday at the lunch hour for a Pop up Picnic. Volunteers will be tending to the garden while Concrete Sonata performances will fill the block with music from the Woodlands Piano.

Donations for the Food Bank and the drop-in centre can be dropped off at the event.

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Jennifer Chan, Kids Cancer Care chairwoman Maddie Tutt and Christine McIver announce donation. JENNIFER FRIESEN/FOR METRO

RESEARCH

Cancer survivor announces grant

When 15-year-old Maddie Tutt began to suffer from pain in her back and knees, she assumed it was only a volleyball injury.

But after the pain became extreme, she went to the Alberta Children's Hospital where she was given news that changed everything: she had a 15-pound tumour in her abdomen, and it was wrapped around her aorta.

"Just like that, I was dealing with cancer. And I was carrying around a tumour that I hadn't noticed was growing," she said.

Now, after two years, four rounds of chemotherapy and a 14-hour surgery, Tutt is cancer-free.

On Tuesday, she returned to the hospital to announce a $1.25-million donation from Kids Cancer Care (KCC) to the Alberta Children's Hospital Foundation.

KCC founder Christine McIver said "research plays an essential role" in cancer care for children, adding that the donated funds will support the Childhood Cancer Research Program.

"Gone are the days when scientists worked in silence," McIver said. "We've entered a new era in research."

After Tutt's tumour was removed last year, she donated it to her surgeon in hopes of finding new ways to treat neuroblastoma patients.

"This money means so much," said Tutt. "Research is really important, because we wouldn't be where we are today without it. And at the end of the day, it will save more kids."

JENNIFER FRIESEN/FOR METRO

IN BRIEF

Farm groups want input into workers' coverage

Agriculture groups say they want to be at the table as Alberta moves to include farm and ranch workers under provincial occupational health and safety rules.

Alberta is the only province that excludes farm employees from workers' compensation coverage and employment standards laws.

The farmer-elected agriculture groups include the Alberta barley, canola, pulse and wheat commissions.

Some groups met with government officials in late June, but want to ensure their views are included in coming months.

Rob Davies, general manager of Alberta Barley, says groups have heard some new rules are coming between next year and 2017, but some people believe the government wants to move more quickly.

Labour Minister Lori Sigurdson says the government wants to hear from farmers and will release more information about its plans this fall.

THE CANADIAN PRESS

Athlete takes her game international

VOLLEYBALL

Jordhynn Guy has signed with pro team in Sweden

Lucie Edwardson
Metro | Calgary

Jordhynn Guy is what you might describe as homegrown talent. But now she's taking that talent overseas.

Guy has been playing club volleyball locally since she was in grade seven, all the way through high school, before she signed on with the University of Calgary for five years.

While the setter said she's fallen in love with the game, the personal lessons she learned were invaluable.

"Volleyball grew me as a player," she said. "But, much more than it tested and challenged my character in ways that I probably wouldn't have experienced otherwise."

Guy's mother, Paula Steinberg echoed her daughter's sentiments.

"Volleyball has helped her develop commitment, dedication, resilience, passion, courage and a healthy lifestyle," said Steinberg. "She sets a standard for herself to be the best she can be."

Now, Guy is off on an all-new adventure across the Atlantic Ocean, where she's just been signed to a pro team in Halmstad, Sweden, called Hyltehalmstad volley.

"I feel really privileged," she said. "It's pretty amazing to be able to travel around the world for the sport that I love."

Steinberg couldn't agree more.

"What it comes down to is the game that she's committed herself to all her life enabled to have her the experience she's having now and that says it all," she said.

"It bought her a ticket to live in Sweden, meet new people and get paid to do what she loves—which is just a bonus."

Steinberg said her daughter has totally immersed herself in living and playing volleyball in a foreign country.

"She's like a sponge. With a new experience she doesn't just experience it on a filtered level, she experiences it right to the core," said Steinberg. "It makes any parent proud to see their child happy and doing what they love."

Coach Natalie Gurnsey recruited Guy to the Dinos club when she was in grade nine and coached Guy through the next nine years of her career, including her last five at the University of Calgary.

"I've seen her evolve over the last nine years," said Gurnsey. "This last year at the University of Calgary she really came into her own as a player and was among the top setters in country."

In her last year as a Dino, Guy set a record for in season assists in the CIS with 918 assists.

Guy being able to play pro is "a reward for all of her years of work," said Gurnsey. Although she might experience new challenges with new culture and languages, Gurnsey said Guy is the perfect person for this kind of international experience.

"I call her a bridge-builder," said Gurnsey. "She can build a bridge with anybody."

"Whatever type of person you are, wherever you come from, Jordhynn has a natural ability to bridge the gap between people," she said.

Guy's first season with the Hyltehalmstad volley team kicks off in October. To follow her adventures across the pond, check out her blog at preludetoproduct.weebly.com.

BACKGROUND

Jordhynn started her volleyball career for Canuck Stuff Volleyball Club here in Calgary in 2006.

After two years of playing for the Canucks the Dinos Volleyball Club recruited Jordhynn. She played for them for the next four years and all the way through university. Jordhynn is one of four international players on her current team, including a player from Brazil, a player from Poland and one other Canadian.

Jordhynn Guy played as a setter for the University of Calgary for five years before going pro. DAVID MOLL/ CONTRIBUTED

TRANSPARENCY ACT

210 First Nations miss deadline

The controversial First Nations Transparency Act that became law last year is threatening to cause several First Nation governments in Edmonton to have their funding withheld.

The law requires First Nation governments submit audited financial statements to Ottawa for the past fiscal year by Sept. 1 — and new numbers released this week show that 210 of the more than 600 First Nations across Canada have not done so, including several near Edmonton.

Al Arcand, administrator with the Alexander First Nation, near Morinville, said that number was a "surprise," as was the news that Alexander is on the government's list of delinquent nations.

"(The Alexander First Nation audit) is done now, it's given to Indian Affairs," Arcand said.

He was unable to say when the information was sent.

The department of Aboriginal and Northern Affairs website lists 10 Alberta First Nations that missed the deadline, including Alexander.

Arcand said he's been his nation's administrator for 20 years, and that in each of those years there has been a thorough third-party audit conducted.

"Every year we have a community meeting… an audit meeting at the end of September," he said.

"The auditors come up… they present their findings, and if there are any questions from the people, they are answered."

In addition to that town hall event, the Transparency Act requires the information be published on an Aboriginal Affairs and Northern Development Canada website.

BRAEDEN JONES/METRO

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VEGETABLES

Kelowna gardener grows a monster

The record for the world's longest cucumber might belong to a Kelowna, B.C., man — who's also claiming the longest pickle on the planet.

Daniel Tomelin, 54, said his garden has produced a cucumber beyond his wildest expectations.

"I let the thing grow, and it was just starting to touch the ground, and I was kind of saying, 'What is the world's largest cucumber?' I didn't even have a clue."

He looked at the Guinness World Records website, where he learned the record for the longest cucumber is 105 centimetres.

He said he was gobsmacked when his cuke measured 108 centimetres. It reached 113 on Monday, two weeks after he filed his application.

Tomelin decided he would pickle the cucumber and also claim the longest pickle in the world in a category that doesn't yet exist.

Two local gardening experts have verified his claim, Tomelin said. THE CANADIAN PRESS

Dan Tomelin THE CANADIAN PRESS

IN BRIEF

RCMP charges Syrian over Maher Arar torture

The RCMP alleges a former Syrian military intelligence officer was involved in the brutal treatment of Ottawa telecommunications engineer Maher Arar.

An RCMP document filed in court Tuesday charges Col. George Salloum with torture under the Criminal Code. The colonel's whereabouts are unknown.

Arar, a Syrian-born Canadian, was detained in New York in 2002 and deported by U.S. authorities. He wound up in Damascus where, tortured, he falsely confessed to Syrian military intelligence about supposed collaboration with Al Qaeda. THE CANADIAN PRESS

Numbers say 'recession'

MARKETS

Real GDP contracted for two quarters: StatsCan

Canada's economy hit reverse for the second straight quarter of 2015 — knocking the country into its first technical recession in six years, Statistics Canada data revealed Tuesday.

But the data suggests the recessionary dip could, perhaps, already be passing.

The federal agency said real gross domestic product contracted at an annual pace of 0.5 per cent in the April-June quarter, which followed a revised decline of 0.8 per cent in the first three months of 2015.

There were positives tucked in the highly anticipated figures, however. The second-quarter drop was only half as steep as a consensus of economists had predicted and there was evidence that the decline had bottomed out.

Canada's GDP climbed in June by 0.5 per cent after shrinking over the first five months of 2015. The last time the economy experienced a one-month gain of at least 0.5 per cent was July 2013 when it grew by 0.63 per cent.

The June increase was led by a 3.1 per cent boost in natural resources extraction — the category's first gain following seven consecutive months of decline.

"There's nothing to cheer about in the Canadian GDP numbers, but there's no reason for any more booing than we've already had," CIBC chief economist Avery Shenfeld said Tuesday.

"The economy is contracting through the first half of the year, but the solid gain in June suggests that we'll at least get a breather with a return to growth in the third quarter."

The new batch of data added fuel to the heated political debate over how best to respond to the weakened economy as parties battle for voter support ahead of the Oct. 19 federal election.

Stephen Harper, whose Conservative party has pinned its re-election hopes on its economic record, tried to highlight the positives in Tuesday's new data.

"The Canadian economy as a whole is now growing, according to the June figures," Harper told reporters.

"That is the reality of the situation — it is good news."

The last time the economy contracted over two consecutive quarters was in 2009 during the Great Recession. THE CANADIAN PRESS

Stephen Harper takes a question during a campaign stop Tuesday at a steel plant in Burlington, Ont. ADRIAN WYLD/THE CANADIAN PRESS

> **The Canadian economy as a whole is now growing.**
> Stephen Harper

ELECTION 2015

Political rivals seize opportunity

The opposition parties wasted no time pouncing Tuesday when Prime Minister Stephen Harper said "we've had a few weak months" after Statistics Canada reported the economy met the technical definition of a recession at the end of June.

NDP Leader Tom Mulcair said the new numbers were a clear indicator that Conservative economic policies simply were not working.

"Mr. Harper's plan has failed. That's an objective fact," Mulcair told supporters in Kelowna, B.C.

Added Andrew Thomson, a former Saskatchewan finance minister the NDP is touting as a star candidate: "Under Stephen Harper, this has been Canada's lost decade."

Liberal Leader Justin Trudeau allowed that the size of the recession might be marginal, but he said the bigger picture is that Canadians have been living with the reality of a weak economy for months now and don't need official numbers to confirm what they already know.

"What they would have needed is that politicians, rather than getting hung up on definitions, invest in their future and in their jobs," he said in Gatineau, Que.

Trudeau's trade critic, Chrystia Freeland, didn't mince words: "It's crystal clear, there's no debate. We've had two consecutive quarters of shrinking GDP. That's a recession. We don't know yet if it will be a shallow recession, but we are in recession."

Economists' opinions were divided. Some saw the recession as relatively mild, while others warned of a rough road ahead if oil prices continue to drop.

Harper has largely blamed international factors beyond Canada's control for the downturn, particularly the economic slowdown in China.

He said the Conservative plan of a balanced budget, low taxes and affordable investments is the best course for the country in the face of greater global problems.

"If we change plans, we'll have a permanent recession like is occurring in many other countries," he said. "We're on the right track."

There is "some validity" to Harper's argument that there are international events beyond Canada's control, said Gordon Betcherman, a political economist at the University of Ottawa's School of International Development and Global Studies.

"Technically we are in a recession and there's a threshold by which something gets defined as a recession and we're just over that line," Betcherman said. "I wouldn't consider it a deep, economic event."

But he agreed the emphasis Canada has placed on resources and commodities make it vulnerable to global turbulence and raise legitimate questions about the broad economic strategy of successive governments.

David Wolfe, a University of Toronto expert in politics and economics, said that while this is a mild recession, it raises questions about whether a government should be focusing on balancing budgets or expanding investments in infrastructure.

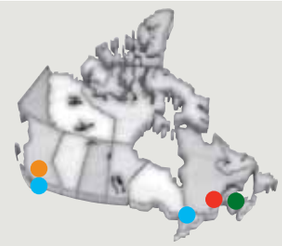
"The challenge with that is timing," said Wolfe. "Sometimes, the recession is already over before the spending can get out the door. But it does make a case for relaxing the current emphasis on balanced budgets."

On that point, the gap between Trudeau and Harper remained wide on Tuesday.

Trudeau reiterated his platform plank — which distinguishes the Liberals from the Conservatives and the NDP — to run deficits before balancing the budget in 2019 in order to spur growth by investing in infrastructure.

"That's why our plan will invest in real growth and isn't really dependent on this morning's announcement," he said. THE CANADIAN PRESS

WHERE THE LEADERS ARE WEDNESDAY



- **Stephen Harper** will be in North Bay, Ont., and Abbotsford, B.C.
- **Justin Trudeau** will be in Quebec City and Trois-Rivieres, Que.
- **Tom Mulcair** will be in Kamloops, B.C.
- **Elizabeth May** will be in Fredericton, N.B.

A campus security guard is posted out front of the Sir Charles Tupper Building on Tuesday. Staff and students are under increased security and can only exit and enter through one entrance. JEFF HARPER/METRO HALIFAX

Dalhousie says little

INVESTIGATION

University student alleged to have made plans to kill

Stephanie Taylor
Metro | Halifax

The university whose faculty and students were allegedly targeted by a disgruntled student planning to kill up to 20 people has been tight-lipped in regards to the situation.

On Tuesday, a woman who works in Dalhousie University's College of Pharmacy building, located next to the Charles Tupper Medical Building, said she's heard nothing from the school in regards to the case of Stephen Tynes or the heightened security measures implemented since.

"We really haven't received any information from the university itself. Everything's just been people talking," said the woman, who chose not to disclose her name.

She said she has heard from friends in the medical school that an internal email was circulated about the incident, but "we certainly didn't get anything in the pharmacy building."

"We access that building all the time to use equipment," she said. "If it's true that the seriousness of the situation is a lot more than an idle threat, I would have preferred to have been aware that something was happening."

Even if the university was not aware of the gravity of the situation, the woman said, "an email would have been nice."

> **An email would have been nice.**
> Concerned woman

A sign posted on the ground-level doors of the Charles Tupper Medical Building explains that access to that building and the Clinical Research Centre has been restricted to the courtyard of the Tupper since Aug. 26.

In a statement on Tuesday around 9:30 p.m., a university spokesperson said the school is working closely with Halifax police to ensure a safety plan is in place. It also states the student has been suspended and banned from all campus buildings.

The search-warrant documents filed with Halifax provincial court allege that 30-year-old Tynes met with a psychiatrist Aug. 20 and told the doctor he would stab the associate dean of undergraduate medical education and her daughter, who was his classmate.

In the documents, police say they went to an apartment in Halifax and seized 1,834 rounds of rifle ammunition, a Russian SKS rifle, a Henry Golden Boy .22-calibre rifle, a banana clip for a rifle, a baggie with three spring clips and a bore cleaner, two ammunition boxes, a firearms acquisition card and a gun-club card.

None of the allegations have been proven in court.

A spokeswoman for the public prosecution service says Tynes was arrested on the same day as his meeting with the psychiatrist and was later charged with two counts of uttering threats to cause death or bodily harm and one count of engaging in threatening conduct directed at a person or any member of their family.

WITH FILES FROM THE CANADIAN PRESS

QUEBEC

Doctors to get guide for assisted suicide

The college that regulates Quebec doctors will soon provide practitioners with detailed guidelines — including what drugs to use — for euthanizing terminally ill patients who seek help to end their lives.

But it's unclear whether other provinces and territories will adopt a similar practice when doctor-assisted death becomes legal across the country early next year.

Dr. Yves Robert, secretary of the Collège des médecins du Québec, said the regulatory body has developed a guide that shows doctors how to end a patient's life with sequential injections of three medications: a sedative such as a benzodiazepine to relieve anxiety, a barbiturate or similar drug to induce a coma, and finally a neuromuscular block, which stops the heart and respiration.

The step-by-step instructions also tell doctors what dosages of the medications to use, where to inject the drugs and what to do should complications occur.

Robert said euthanasia kits will be prepared by pharmacists based on the physician's prescription. Each kit will contain enough drugs and injection equipment for two euthanasia procedures, in the event a backup set is needed.

THE CANADIAN PRESS

BACKGROUND

With the passage of Bill 52 in June 2014, Quebec became the first jurisdiction in Canada to legalize medical aid in dying for mentally competent patients who meet a strict set of criteria.

The law goes into effect in December.

Pope urging mercy

VATICAN

Francis lets priests grant absolution for abortion

Pope Francis attends a service during the World Day of Prayer for the Care of Creation in St. Peter's Basilica at the Vatican on Tuesday. RICCARDO DE LUCA/THE ASSOCIATED PRESS

Pope Francis is applying his vision of a merciful church to women who have had abortions, easing their path toward forgiveness and saying he realizes some felt they had no choice but to make "this agonizing and painful decision."

In a letter published Tuesday by the Holy See, Francis said he was allowing all rank-and-file priests to grant absolution during the Year of Mercy he has proclaimed, which runs Dec. 8, 2015 until Nov. 20, 2016.

The Roman Catholic Church views abortion as such a grave sin that it put the matter of granting forgiveness for an abortion in the hands of a bishop, who could either hear the woman's confession himself or delegate that to a priest who is an expert in such situations.

Now, Francis is making it possible for women to bypass this formalized process in the approaching special Year of Mercy, while putting the stress on "contrite" hearts.

In a statement after the Pope's letter, the Vatican made clear that "forgiveness of the sin of abortion does not condone abortion nor minimize its grave effects. The newness is clearly Pope Francis' pastoral approach."

Francis made clear he isn't downplaying the gravity of abortion, which the church essentially views as equivalent to murder. But he emphasized that abortion is an intensely personal, often anguished choice.

"I have met so many women who bear in their heart the scar of this agonizing and painful decision," he wrote. THE ASSOCIATED PRESS

HEALTH

Midlife obesity linked to earlier Alzheimer's

One more reason to watch the waistline: new research says people's weight in middle age may influence not just whether they go on to develop Alzheimer's disease, but when.

Obesity in midlife has long been suspected of increasing the risk of Alzheimer's. Researchers at the National Institutes of Health (NIH) took a closer look and reported Tuesday that being overweight or obese at age 50 may affect the age, years later, when Alzheimer's strikes. Among those who eventually got sick, more midlife pounds meant an earlier onset of disease.

It will take larger studies to prove if the flip side is true — that keeping trim during middle age might stall later-in-life Alzheimer's. But it probably won't hurt.

"Maintaining a healthy BMI at midlife is likely to have long-lasting protective effects," said Dr. Madhav Thambisetty of NIH's National Institute on Aging, who led the study reported in Molecular Psychiatry.

To explore obesity's effects, Thambisetty's team turned to the Baltimore Longitudinal Study of Aging, one of the longest-running projects to track what happens to healthy people as they get older.

The researchers tracked BMI, or body mass index, a measure of weight to height. Every step up on the BMI chart predicted that when Alzheimer's eventually struck, it would be 6 1/2 months sooner. In other words, someone who had been obese — a BMI of 30 — during middle age on average had their dementia strike about a year earlier than someone whose midlife BMI was 28, in the overweight range, Thambisetty explained. THE ASSOCIATED PRESS

SILENT START

Cure still elusive

Alzheimer's starts quietly ravaging the brain more than a decade before symptoms appear. With a cure so far elusive, researchers are hunting for ways to at least delay the disease, and lifestyle changes are among the possible options.

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The Centers for Disease Control and Prevention have taken a new approach to preventing cardiovascular disease, using a model developed in Framingham, Mass. and national survey data to predict the risk of affliction or mortality.
TOBY TALBOT/THE ASSOCIATED PRESS

Report finds Americans old at heart

HEALTH

Cardiac organs more decrepit than expected in nearly three of four in U.S.

Your heart might be older than you are. A new government report suggests age is just a number — and perhaps not a very telling one when it comes to your risk of heart attack or stroke.

The Centers for Disease Control and Prevention report takes a new approach to try to spur more Americans to take steps to prevent cardiovascular disease.

CDC scientists estimated the average "heart age" of men and women in every state, based on risk factors like high blood pressure, obesity, and whether they smoke or have diabetes. Then it compared the numbers to average actual ages.

The results?

Nearly three out of four U.S. adults have a heart that's older than the rest of their body, according to CDC calculations.

For U.S. men on average, the predicted heart age was nearly eight years greater than their real age. For U.S. women, it was about 5-1/2 years.

"This is alarming. Heart disease is the nation's No. 1 killer," said the report's lead author, CDC scientists Quanhe Yang.

"But the bottom line is you can do some very simple things" to become younger at heart, he said.

Each year, one in four U.S. deaths is due to heart disease. Many are heart attacks and strokes. The average age of first heart attack is about 64-1/2 for men and 72 for women, according to the American Heart Association.

The nation's heart disease death rate has been falling thanks to advances in prevention and treatment, including drugs to control blood pressure and lower cholesterol.

> **This is alarming. Heart disease is the nation's No. 1 killer.**
> Quanhe Yang

The CDC is leading a Million Hearts campaign, launched in 2012 to prevent one million heart attacks and strokes by 2017. CDC scientists were intrigued by a heart age calculation developed by other researchers conducting a large study in Framingham, Mass.

Some research has indicated that Framingham heart age calculations have resonated more with patients than more conventional medical advice and warnings, so CDC researchers used the Framingham model — and CDC national survey data — to produce the first report on heart age across the nation.
THE ASSOCIATED PRESS

ALASKA

Obama pushes for action on climate change

U.S. President Barack Obama turned Tuesday to a dramatic symptom of climate change — a melting Alaska glacier — to highlight dangers of global warming.

As he mounts his most aggressive campaign yet on climate change, Obama donned hiking shoes for a trek up Alaska's famed Exit Glacier with photographers in tow, a powerful visual designed to make an impact in ways his speeches and ominous warnings have not. The president also was to board a U.S. Coast Guard vessel to tour Kenai Fjords National Park, where swaths of an immense ice field are melting at alarming rates.

Obama's first glimpse of a glacier on the trip came as Marine One whisked him about 45 minutes south of Anchorage to tiny Seward. As he flew past snow-capped peaks and sprawling forests, a sheet of blue-and-white ice could be seen snaking its way through mountains toward a teal-tinged lake.

Obama is counting on Alaska's exquisite but deteriorating landscape to add urgency to his message on climate change, the focus of his three-day tour of the state. He opened the trip Monday night by painting a doomsday scenario for the world if steps aren't taken to cut emissions: entire nations submerged underwater, cities abandoned and refugees fleeing in droves as conflict breaks out. THE ASSOCIATED PRESS

U.S. President Barack Obama
THE ASSOCIATED PRESS

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EASTERN CARIBBEAN

Dominica reeling after tropical storm

International aid has begun pouring into Dominica following the devastating passage of Tropical Storm Erika, but government officials are warning that more will be needed for the eastern Caribbean island to recover from the disaster.

The government has sent out requests for aid to "every single leader in this world," Prime Minister Roosevelt Skerrit said in a nationally broadcast speech late Monday.

"This country needs all of the assistance it can receive from every legitimate and legal source of funding," Skerrit said.

The country has already received emergency assistance from neighbouring islands and other countries in the region and had received offers of additional assistance from the United States and elsewhere. A British naval ship carrying aid was expected to arrive this week, as was a Dutch vessel.

Authorities from Venezuela, Barbados, St. Lucia and Trinidad and Tobago have been assisting with the evacuation of hundreds of people in the hard-hit southeast of the island. The government said that power, water and cellphone service had been restored to most of Dominica and major roads have been cleared. The airport remained closed and the Skerrit had said earlier that the overall damage from the storm was so severe that it had set back the island's development by decades.

The prime minister said that 11 more bodies have been recovered, bringing the death toll to 31. There were 21 people, including two French citizens, still missing. THE ASSOCIATED PRESS

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A man carries a bicycle through monsoon floodwaters at Pobitora village, about 55 kilometres east of Gauhati, India, Tuesday. ANUPAM NATH/THE ASSOCIATED PRESS

Floods kill 21 in India

MONSOON

800,000 evacuated as rivers overflow in heavy rain

Monsoon floods have inundated hundreds of villages across the northeast Indian state of Assam, killing at least 21 people in the last four days and forcing some 800,000 people to leave their homes.

The state's disaster management authority said Tuesday some 50,000 people were sheltering in 168 relief camps across rain-soaked state, with others staying with family or friends.

Most of the flooding was caused when rivers, including the Brahmaputra and its tributaries, overflowed their banks. At least 1,600 villages have been affected, with the worst-hit in Dibrugarh district.

Some of the 21 killed were washed away in rivers, including a mother and son swept downriver in the raging Sessa.

"I feel helpless. The swirling, grey waters of the Brahmaputra look menacing," said tribal council administrator Ranoj Tegu.

"Thousands of people are living lives of misery. In some cases, people are living with one meal a day" as people struggle to find dry places for cooking or harvesting firewood, Tegu said by telephone from the council headquarters in Gogamukh in Dibrugarh district, adding that the greatest needs were clean drinking water and food. "People are being forced to drink turbid floodwaters."

Many of the 120,000 people living on Majuli Island, the world's largest river island, have taken refuge along with their cattle and poultry in bamboo shelters built on stilts as water gushes across the island below. THE ASSOCIATED PRESS

IN BRIEF

Police search home of train armed assailant

Spanish police on Tuesday searched the family house of the Moroccan man arrested for trying to stage an attack on a high-speed train travelling to Paris last month.

A police spokesman said the house of Ayoub El-Khazzani's parents in the southern city of Algeciras was searched following a request from French authorities. He did not elaborate on the operation.

El-Khazzani, who has had ties to radical Islam, was armed with a Kalashnikov rifle and other weapons when he tried to attack the Amsterdam-Paris train on Aug. 20. THE ASSOCIATED PRESS

Oil firms cutting 900 jobs

ENERGY

Sector has lost 35,000 positions so far this year

A fresh wave of layoffs is hitting Alberta's energy sector, with two oil and gas companies announcing 900 job cuts on Tuesday, mostly in Calgary, and analysts saying they see more on the way.

Penn West Petroleum is reducing its workforce by 35 per cent for a loss of over 400 full-time employees and contractors.

And ConocoPhillips Canada plans to lay off 400 employees, or 15 per cent of its workforce, plus 100 contractors.

Penn West said most of the job cuts announced Tuesday are effective immediately, while ConocoPhillips — which informed employees of its decision a day before making it public — said its workforce reduction will happen by mid-October.

The job cuts come as the industry continues to grapple with oil prices below $50 US a barrel, compared with more than $100 US a barrel last summer, with no big recovery in sight.

"We don't see a lot of correction in the short term," ConocoPhillips spokesman Rob Evans said Tuesday.

"It's really kind of changing the way we work and that's resulting in, unfortunately, some staff reductions."

Evans said the ConocoPhillips cuts are part of a 10 per cent global reduction in staff by the major U.S. producer in the current low-price environment.

Penn West chief executive Dave Roberts said Tuesday on a conference call with analysts that he expects the current cycle to be "prolonged and increasingly volatile" and has been forced to make cuts to weather the storm. To reduce spending Penn West has not only cut jobs, but also suspended its dividend, cut board compensation by 40 per cent and further reduced this year's capital budget.

The company is now planning $500 million in capital spending this year, a 40 per cent reduction from its original plan for the year, and will further reduce spending next year by $140 million to $250 million from this year's level.

The Canadian Association of Petroleum Producers estimates Alberta's oil and gas sector has already lost 35,000 jobs this year.

THE CANADIAN PRESS

Clouds hover over Conoco signs at a service station in Glenrock, Wyo. ConocoPhillips Canada announced Tuesday it is cutting around 400 jobs, or 15 per cent of its workforce, following a plunge that took oil prices to their lowest levels in years. THE ASSOCIATED PRESS FILE

IN BRIEF

Amazon ups the ante in streaming-video fight

Amazon is now letting members of its $99 annual Prime loyalty program download some shows and movies on its streaming-video service to watch offline, or when there is no Internet connection available, for free. Shows will be downloadable to Apple and Android phones and tablets, including Amazon's Fire devices — but not desktops or laptops. The downloadable videos are available to prime members in the U.S., U.K., Germany and Austria. THE ASSOCIATED PRESS

market minute

DOLLAR 75.63¢ (-0.38¢)

TSX 13,481.90 (-377.22)

OIL $45.41 US (-$3.79)

GOLD $1,139.80 US (+$7.30)

NATURAL GAS: $2.702 US (+1.3¢)
DOW JONES: 16,058.35 (-469.68)

PERSONAL FINANCE

Emergency savings low: BMO

Canadians on average are socking away more money for potential financial emergencies than in the past, but a new survey has found that almost a quarter are still living paycheque to paycheque.

The survey, conducted by Pollara for the Bank of Montreal, found that 24 per cent of respondents had hardly anything set aside, and more than half (56 per cent) reported having less than $10,000 in available emergency funds. Christine Canning, head of everyday banking at BMO, describes the ideal emergency savings fund as one that can replace three to six months of income.

$10,000

More than half of Canadians surveyed reported having less than $10,000 set aside for an emergency.

By region, the survey found that those in Atlantic Canada had the lowest average amount of emergency funds set aside at $20,152, with only eight per cent having more than $50,000 available and 27 per cent with between $10,000 and $49,900.

B.C. residents had the most set aside, an average $70,364, with 21 per cent having $50,000 or more and 14 per cent between $10,000 and $49,900.

Elsewhere, the average amount set aside totalled $24,671 in Quebec, $41,088 in Ontario, $67,605 in Manitoba and Saskatchewan and $40,341 in Alberta.

THE CANADIAN PRESS

INTERNET

Google unveils new-look logo

Google is refining its famous logo as it prepares to become a part of a new holding company called Alphabet.

The revised design unveiled Tuesday features the same mix of blue, red, yellow and green that Google has been using throughout its nearly 17-year history, though the hues are slightly different shades.

Google also invented a new typeface called "Product Sans" that is meant to resemble the simple printing in a grade-school book. It will replace a serif typeface that Google has been using in its logo for more than 16 years. The "e" in the company's name will remain slightly tilted to reflect Google's sometimes off-kilter thinking.

The overhaul will change the appearance of the letter "g" that Google uses as its shorthand logo on the smaller screens of smartphones and other mobile devices.

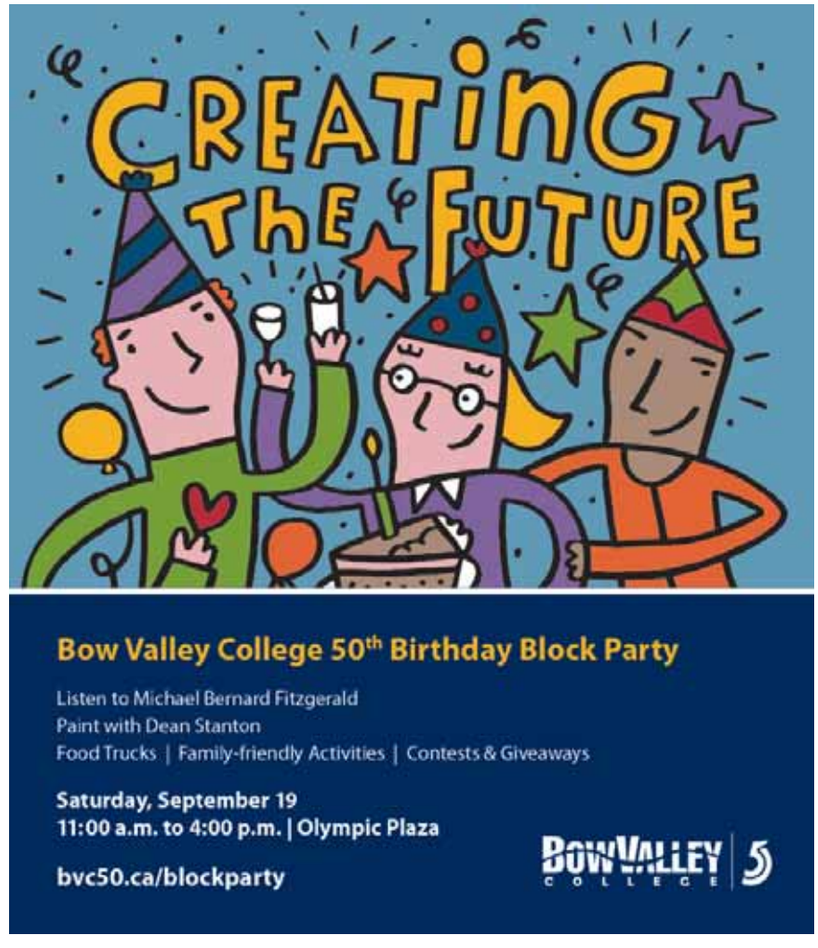
The "g" will now be capitalized and displayed in colour instead of being kept lowercase and white.

A swirl of dots in Google's colours will also appear when a spoken command for information is being processed or one of the company's other services is performing a task.

THE ASSOCIATED PRESS

Google

Google's revised design.
GOOGLE/THE ASSOCIATED PRESS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Listen to Michael Bernard Fitzgerald
Paint with Dean Stanton
Food Trucks | Family-friendly Activities | Contests & Giveaways
Saturday, September 19
11:00 a.m. to 4:00 p.m. | Olympic Plaza
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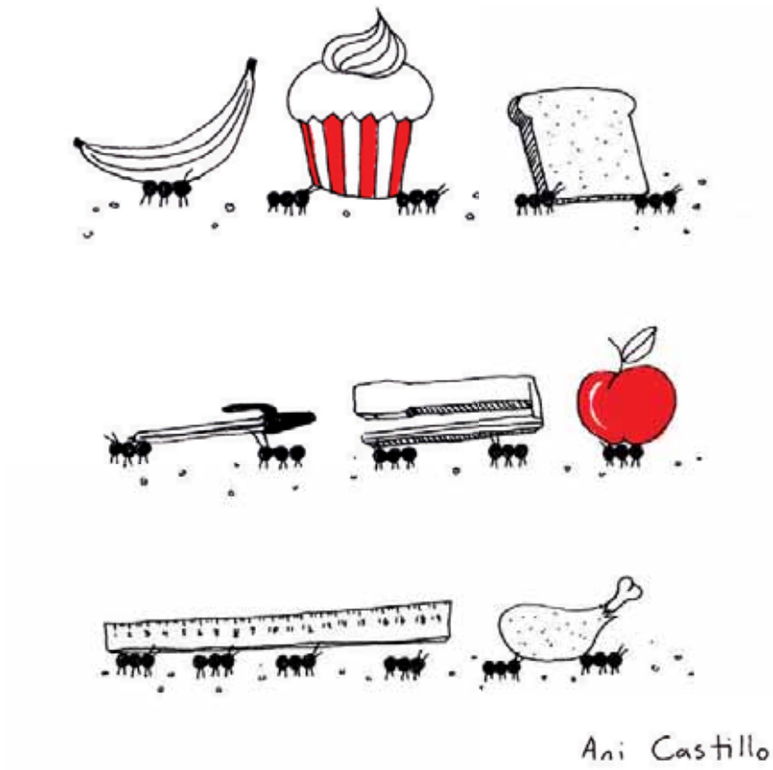
metro VIEWS
Your essential daily news
Wednesday, September 2, 2015

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

Someone is eating at my desk when I'm not there, and I find it totally disgusting. Can you please write a column about this so I can leave it for the person to see?



Dear Ellen,

Someone is eating at my desk when I'm not there, and I find it totally disgusting. Can you please write a column about this so I can leave it on my desk for the person to see next time they want to chow down at my computer station?

Mia in Calgary

Dear Mia,

Normally I would suggest you speak to the person directly, rather than leaving this column lying on your desk, which could be construed as passive-aggressive. That's its own form of bad manners.

In this case, however, since you don't know the identity of the perpetrator, and since I am always happy to gain new readers, why don't I directly confront this person for you, right here, right now?

Dear Rude, Messy Slob Who Is Secretly Eating at Someone Else's Desk:

It's hard to know where to begin, so let's begin charitably. The fact that you are performing a bodily function in the small, personal space that your co-worker Mia has carved out for herself is not the worst crime on Earth. Perhaps there is a perfectly reasonable explanation. Like: Hers is the only desk, and there is no other horizontal surface within walking distance. Or your job is to test envelopes containing powdery substances that could be anthrax, and so, understandably, you don't want to eat at your own desk. Or maybe you work on the International Space Station, and Mia's desk is the only one equipped with centrifuge gravity simulators that will keep your plate of irradiated protein and rehydrated spuds in place.

If you're the kind of person who doesn't notice or care about leaving splatters and gunk and wrappers around, then you are a rude, messy slob, my friend.

But if none of these situations apply to you, then please know that it is unacceptable for you to eat without permission in another person's workspace. I don't know how to make this any clearer. In fact, Mia, why don't you grab a highlighter and run it over the next sentence before propping this column up on your keyboard?

DEAR RUDE, MESSY SLOB: STOP EATING AT OTHER PEOPLE'S DESKS.

Some of you may be thinking it's too harsh to call someone a Rude, Messy Slob. Although it may not be the worst crime on earth (or even in space), to eat at someone else's desk, it is irrefutably rude and slobby to leave the evidence behind.

If you're going to sit in my chair (maybe my desk has a better view, maybe it's next to the person you want to dine with, maybe you work in a tanning factory and your own desk is right next to the chemical soup that dehairs the pelts — I understand), and you're careful not to leave crumbs, and you don't muck about with my papers and possessions, and I never know you've been there, well, no harm, no foul.

But if you're the kind of supremely selfish person who either doesn't notice or doesn't care about leaving splatters and gunk and wrappers behind, then you are a rude, messy slob, my friend.

And I'd thank you to keep away from my desk.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

metroview

The media, to Harper, is a mostly unnecessary evil

Mohamed Fahmy, once again, is in jail in Egypt.

This time, Stephen Harper appears upset enough to speak about the Canadian journalist's case — on Twitter.

"Canada continues to call on Egypt for the immediate and full release of Mr. Fahmy, and full co-operation to facilitate his return home," he, or the handler of his Twitter handle, tweeted.

I don't doubt our government is trying to secure his freedom, even if, as some argue, it's not trying hard enough. (Strong lobbying from Australia's prime minister helped secure the deportation of Fahmy's Aussie co-accused in February.)

But Harper must know respect for journalism cuts both ways — as in, if you call for it in Egypt, you might want to be sure you're practising it at home.

Fahmy has been sentenced for a second time on what his lawyer Amal Clooney called "sham" charges, amid Egypt's crackdown on the media.

The Conservatives say, vaguely, they've been pushing at the "highest level" for his release and return to Canada.

An iPolitics editorial notes that "If Harper offered more details, Fahmy's case would surely get more media coverage — which would intensify the pressure on (Egyptian President Abdel Fattah) al-Sisi to respond."

But that would require sharing information with the press at home. And that would be a dramatic 180 for the PM.

If we're to go by his actions, Harper's interest in the press here is either nonexistent or invisible. He rarely speaks to reporters, and he's been pilloried for silencing public servants. The media — as many of my colleagues have aptly detailed — is, to Harper, a mostly unnecessary evil.

His government views sharing information with the public as a discretionary gift, not a necessity. In this case, it could be argued that has aided the stripping of freedoms of a Canadian citizen abroad.

Freedom of the press exists on a continuum. It doesn't only mean you don't jail reporters for doing their jobs (Fahmy was convicted of "spreading false news" among other charges). Shutting out reporters from campaign rallies in Vancouver for asking about marijuana, refusing any questions during a whole six-day junket in Calgary, and taking the general view that you don't owe the press, or the people, anything — that, too, is an attack on press freedom.

Fahmy's family has been running a #HarperCallEgypt campaign on Twitter since February. Perhaps after that, he could give one of our many respected political reporters the time of day.

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Alex Morgan first profile on LeBron James' Disney show Becoming

Let's do lunch boxes right

BACK TO SCHOOL

Plan ahead and mix it up to keep kids interested

With the start of school right around the corner, now is the time to brainstorm with your kids to line up some new recipes and fun ideas for lunches.

Experts advise that if children have some say in what they eat, it's more likely lunch boxes will be returned home with just crumbs instead of uneaten food.

"One of the ways we can ensure kids eat their lunch is for them to be involved, so if they do feel some ownership over their lunch and they get to choose some of the items, they're more likely to eat them," says registered dietitian Kate Comeau.

Have everyone suggest their favourite lunch and snack and keep a list on the fridge or other prominent spot in the kitchen, says Comeau, spokeswoman for Dietitians of Canada, during an interview from Halifax.

"Keep that page handy so that when you're going grocery shopping and making lunches, you can ensure those foods are readily available and there's lots of variety."

Weekend planning and prepping lunches the night before can go far to alleviate morning mayhem.

"On a Sunday afternoon, instead of sitting down and watching a movie, why not make a homemade granola recipe and talk about measuring ingredients and talk about all the skills that are related to cooking," says Comeau.

"The idea here is the more confidence they have, the more you are empowering them for the future that they'll be able to actively continue to pack their lunch as adults, which we know is a healthier choice."

Have your kids pick from among a selection of foods they like and pack them in a sectioned lunch kit. ALL PHOTOS THE CANADIAN PRESS

> **"On a Sunday afternoon, instead of sitting down and watching a movie, why not make a homemade granola recipe.**
> Kate Comeau, Dieticians of Canada

You can make packed lunches more appealing by giving family members the option to customize their meals, and mix it up from week to week.

Have available a variety of breads — pita, whole-grain buns, wraps — along with additions like roasted chickpeas, cut-up cheese and sliced cucumber, red pepper and tomato. Offer hummus or baba ghanouj as a switch from butter or mayonnaise.

Sunflower seed butter and soybean butter can be substituted for peanut butter, which is often banned from schools due to allergies.

For those who don't like to veer from their favourite sandwich, prep a loaf's worth and wrap and freeze a bunch of lunches individually, suggests TV host and magazine publisher Ricardo Larrivée.

Tired of sandwiches? Experiment with salads containing different grains such as wild rice, millet and freekeh.

"For a less adventurous eater you might stick with something like white rice, which is bit blander, and then add in a little bit of a new grain to try, but having something like a wild rice salad with cranberries and almonds and a little bit of chopped chicken on top can be a great lunch," says Comeau.

Pack a water bottle, not juice boxes, in lunches, adds Comeau.

"Remember that kids don't need juice. Packing water and a piece of fruit is always going to be more nourishing," she says.

Orange sections, melon cubes or grapes packed in a small container are easy to pop into the mouth. Some parents cut an apple into wedges, then reassemble the fruit and hold it together with a rubber band to lessen browning. THE CANADIAN PRESS

BUILD-YOUR-OWN KITS

Tame picky eaters

When it comes to school lunches, variety is important to keep kids from getting bored. A healthy mix also provides different nutrients. "No one fruit or no one vegetable is going to give you everything that your body needs, so the more variety, the better chances we have of covering off our bases," says Kate Comeau, spokeswoman for Dietitians of Canada.

> **"The more variety the better.**
> Dietician Kate Comeau

When it comes to picky eaters, research shows that the more kids try a food the more likely they're going to like it.

"The biggest advice we can give to parents is to not give up," says Comeau.

A popular idea for picky eaters is build-your-own lunch kits. Put something from each of the four food groups in each part of a sectioned container.

"Maybe you'd have pita triangles in one, cheese cubes and hummus and sliced cucumbers. Your child can pick the four things they like and they won't be touching or mixed up," suggests Comeau.

"And don't panic if one of those four sections comes home and it's not eaten ... try again the next day and see what they'd like." THE CANADIAN PRESS

FUN FOOD-TO-GO

Breakfast in a bar

Ingredients

- 2 cups rolled oats
- 1/2 cup natural bran
- 1/4 cup wheat germ
- 1/4 cup all-purpose flour
- 1/4 cup dried cranberries or raisins
- 1/4 cup slivered almonds or chopped walnuts (for a nut-free option, replace almonds or walnuts with dried fruits)
- 2 tsp baking soda
- 2 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/2 tsp ground nutmeg
- 3 eggs
- 1 cup unsweetened applesauce
- 1/2 cup 1 per cent milk
- 3 Tbsp packed brown sugar

Directions

Preheat oven to 350 F. Spray an eight-inch square baking pan with cooking spray; set aside.

In a large bowl, combine oats, bran, wheat germ, flour, dried cranberries, almonds, baking soda, cinnamon, ginger and nutmeg.

In a separate bowl, whisk eggs, applesauce, milk and brown sugar. Pour over dry ingredients and mix just to combine. Spread into prepared baking pan, smoothing top.

Bake in preheated oven until toothpick inserted near centre comes out clean, 35 to 40 minutes. Let cool in pan on a wire rack before cutting into bars.

Makes 16 snack-size or eight meal-sized bars.
THE CANADIAN PRESS

CELEBRATION RICE

This colourful lunch salad, which combines poultry, rice, vegetables and dried cranberries, is a great way to use up leftover cooked turkey or chicken and also adaptable for vegetarians.

Ingredients

- 1 cup wild rice or wild rice blend
- 4 green onions, thinly sliced
- 1/2 cup chopped cucumber or celery
- 1/2 cup dried cranberries
- 1 cup diced cooked turkey or chicken (Omit for vegetarian version; replace with cooked beans or lentils, if desired)
- 1/2 cup crumbled light feta cheese
- 3 Tbsp raspberry vinaigrette

Directions

In a pot, cover wild rice with water and bring to a boil.

Cover slightly and simmer for about 30 minutes or until rice is tender.

Drain well and place in a large bowl.

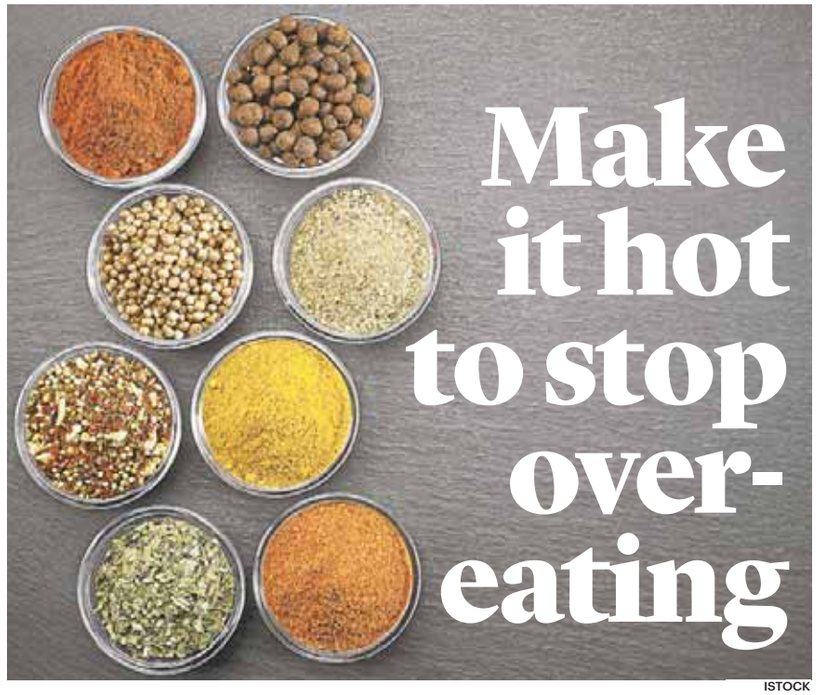
Add green onions, cucumber and cranberries.

If using, add chicken and feta. Add vinaigrette and toss well to combine.

Makes six 1-cup servings.
THE CANADIAN PRESS

WORD OF MOUTH

Adding spice to dishes can make you feel full sooner



ISTOCK

Things are starting to heat up in the arena of overeating.

Did you know that your stomach has nerve sensors that feel pressure from the inside when you eat? The Japanese have a term called Hara Hachi Bu which means to "eat only until you feel 80 per cent full."

Recent research indicates that eating spicy foods can encourage those nerves to respond a little more quickly.

This means that you may be able to feel full when you are at that 80 per cent mark rather than at the 125 per cent of a buffet dinner.

Here are some ways to spice up your food

- Add a dash of spice to hot chocolate as they do in Mexico
- Use chopped jalapenos in salads
- Keep a jar of hot peppers in the fridge and add to every sandwich
- Choose spicy versions of your favourite condiments
- Keep hot chili pepper flakes on the table with your salt and pepper to remind you to punch it up
- Use sriracha sauce wherever you would use ketchup
- Double up on the black pepper

Of course, what you put the spice on matters more than the spice itself. You can heat up fish and chips with chipotle mayo all you want and you will still be behind in the game of trying not to overeat.

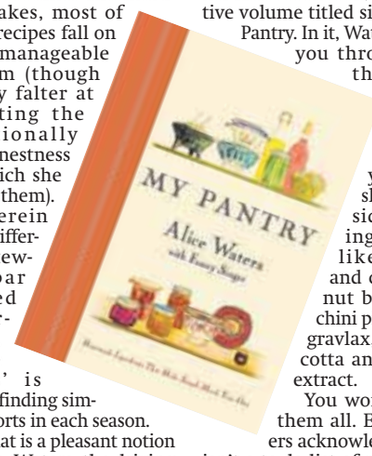
THERESA IS AN ON-CAMERA FOOD AND HEALTH EXPERT, NUTRITIONIST AND WRITER WHO LOVES TO SPREAD THE WORD ON FOOD

COMFORT FOOD

Keep it in your pantry the Alice Waters way

When it comes to aspirational cooking, it's tough to top Martha Stewart and Alice Waters.

But while you may never master Stewart's frustratingly perfect soufflés and multi-tiered cakes, most of Waters' recipes fall on a more manageable spectrum (though you may falter at replicating the aspirationally high earnestness with which she presents them). And therein lies the difference: Stewart's bar is based on perfection, while Waters' is keyed to finding simple comforts in each season.



And that is a pleasant notion to pursue. Waters, the driving force behind Berkeley, Calif.'s iconic Chez Panisse restaurant and author of numerous cookbooks, deftly imbues her often basic and nearly always seasonal recipes with feelings you want to evoke. And you can come away feeling better for having chased the comfort found in her recipes.

All of this comes into play in her latest cookbook, a diminutive volume titled simply, My Pantry. In it, Waters walks you through not the basics you should buy, but those you should consider making. Things like tahini and chocolate nut bark, zucchini pickles and gravlax, fresh ricotta and vanilla extract.

You won't make them all. Even Waters acknowledges this isn't a to-do list of must-have items. They are basic, comforting foods you may want depending on your time and place and mood. And she's happy to show you how.

THE ASSOCIATED PRESS

NUTRITION

Tennis star Novak Djokovic fuelled by plants

Does Novak Djokovic drink wine? That seems like a good question to ask during a wine-tasting event at which he's the guest of honor.

But Djokovic, the world No. 1 who is in New York City for the next two weeks and considered a favourite at the U.S. Open, abstained at a recent event — even while cooking a personal recipe of pasta and shrimp. Obviously, he's made of tougher stuff than the rest of us.

So what does go into that finely honed machine to make it run? Not gluten and dairy.

Growing up in Serbia, Djokovic worked as a waiter and dishwasher in his family's Italian-influenced restaurant — he describes the menu as "a lot of pizzas." His homeland is also famous for its pancakes, which he says meant "wheat was a part of my everyday life — we have bakeries around every corner."

Being surrounded by gluten took its toll, and he gave it up along with dairy five years ago. "I have a strong kind of sensitivity to gluten because of overconsumption of it," he says.

Novak Djokovic mostly stays away from gluten these days except when carb loading before games. GETTY IMAGES

That eased once he stopped constantly eating it, and Djokovic can now indulge in carbo-loading before tournaments. He also sticks to proteins that are on the lighter side. "I try to have as little animal food as possible," he says, preferring to get his fuel from plant-based sources like mushrooms, whey, tofu and chickpeas. EVA KIS/METRO IN NEW YORK

BEER

Crafty IPAs hoppy hit

The current trend in crafty beer it can be summed up in three letters: IPA. India Pale Ales are revered for their hoppy personality and higher alcohol level. They got their name thanks to British breweries adding excessive hops to their brews before shipping them to India back in the late 1700s. The high hopping helped the beer survive the long sea voyage, and gave them a distinctiveflavour that remains a huge hit worldwide.

Chicago's Goose Island Brewery is making waves on both sides of the pond. Now too big to be considered a true craft brewery (it's owned by Anheuser-Busch InBev) Goose Island's IPA (6x341ml, $12.29-$13.99) has a nice balance of hop and malt that doesn't pound on your palate so you can have more than one glass.

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Whopper of a moneymaker

Chris Brown recently revealed that he owns a bunch of Burger King restaurants. Turns out he's one of a number of celebrities who supersize their success with fast-food franchises. AFP

Chris Brown: Burger King

In a fun facts list published in US Weekly magazine, Brown revealed that he's a franchisee for the home of the Whopper and owns 14 Burger King restaurants across the U.S. And while the franchise partnership may sound incongruous to the glamorous life of an R&B singer, he's the latest celebrity to turn to franchising as a way to invest his money and have it work for him.

Kanye West: Fatburger, Burger King

A fan of the West Coast burger brand, Yeezy opened a slew of Fatburger restaurants in his home town of Chicago. Last year, it was reported that the rapper also bought 10 Burger King restaurants as a wedding gift for new wifey Kim Kardashian.

Magic Johnson: Burger King, TGI Friday's

Brown follows in the rather big footsteps of former Lakers star Earvin "Magic" Johnson who owns 30 Burger King restaurants. He also owns several AMC Theaters and a TGI Friday's restaurant.

Venus Williams: Jamba Juice

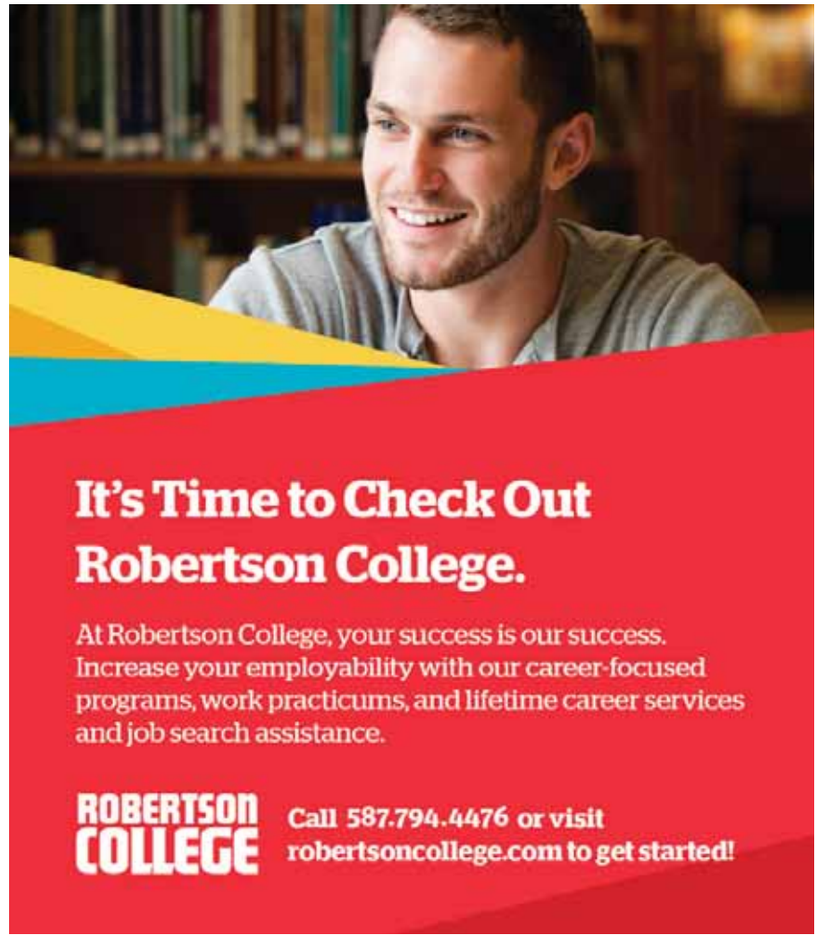
On the lighter side of fast franchising stands Venus Williams, who owns four Jamba Juice locations in the Washington, D.C. area. The tennis star says the brand jives with her healthy lifestyle, and she's also the company's celebrity spokeswoman.

Peyton Manning: Papa John's

It's the perfect tie-in: As the junk food of choice among football fans, star player Peyton Manning made the decision to become a franchisee of Papa John's, the official pizza brand of the NFL. It's estimated he owns 21 restaurants in Denver.

Shaquille O'Neal: Auntie Anne's

Enamoured with the soft pretzels served at Auntie Anne's, the retired NBA star has taken on 19 stores across the U.S. and is also invests in Five Guys Burger and Fries.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Actor Idris Elba is allegedly being considered to be the next Bond. ALL PHOTOS GETTY IMAGES

Remark triggers public apology

007

Horowitz apologies for saying Elba not right for role

The author of the new James Bond novel apologized on Tuesday after he said that British actor Idris Elba is "too 'street' for Bond."

Anthony Horowitz, who wrote Trigger Mortis, made the comment in an interview with the Daily Mail newspaper, published over the weekend.

Elba, 42, has been rumoured to be among the actors considered to replace Daniel Craig as the next Bond. He would be the first black actor to play the spy should he be cast.

"Idris Elba is a terrific actor, but I can think of other black actors who would do it better," Horowitz was quoted saying. "It's not a colour issue ... Is it a question of being suave? Yeah."

Horowitz said Tuesday he was thinking of Elba's gritty detective role in the BBC crime drama Luther during the interview, and did not mean to cause offence.

"In the article I expressed the opinion that to my mind Adrian Lester would be a better choice but I'm a writer, not a casting director, so what do I know?" he said in a statement that was posted to his Twitter account.

THE ASSOCIATED PRESS

> **For me, Idris Elba is a bit too rough to play the part. It's not a colour issue.**
> Author Anthony Horowitz

BAD BLOOD

McKellen vs. Swift

IN HOLLYWOOD

Ned Ehrbar

Ian McKellen turned down Swift's invitation to make a cameo at one of her recent L.A. gigs. Saying no to Swift? Apparently it is possible.

So why did the X-Men and Lord of the Rings star decline the offer? It turns out the two have a bit of a history.

"When I was living in Peter Jackson's apartment in New York, Taylor Swift bought it while I was there and I was thrown out before I wanted to leave. That hardly puts me in Taylor Swift's team, does it?" McKellen reveals to Gay Star News. "She bought it, she had every right to. I was just lodging there for free. She did ask me to appear with Patrick Stewart at her show in L.A., but I had something else to do that night."

That is some impressive shade, sir.

SPIDER-MAN

'That's canning Coke'

Andrew Garfield has had time to think about his time playing Spider-Man for two films before Sony's recent decision to once again reboot the franchise, and his thoughts have not been pleasant.

"(The films are) mass-marketed. Like, 'We want 50-year-old white men to love it, gay teenagers to love it, bigot homophobes in Middle America to love it, 11-year-old girls to love it.' That's canning Coke. So that was a bummer," Garfield tells the Playlist.

"I understand people want to make a lot of money, and they're going to spend a lot of money so the playpen can be as big as it was. I can't live that way. It sounds like a prison, to be honest, living within those expectations."

NED EHRBAR/METRO IN HOLLYWOOD

GOSSIP NOTES

Attorney anticipating guilty plea

Russell Taylor, former director of a foundation created by ex-Subway spokesman Jared Fogle, will plead guilty to child pornography charges, according to his attorney Brad Banks.

Taylor was charged in May with seven counts of production of child pornography and one count of possession of child pornography. Taylor is in federal custody.

Fogle is also expected to plead guilty at a hearing in November. He faces federal charges of distribution and receipt of child pornography and travelling to engage in illicit sexual conduct with a minor. Fogle has been released on home detention.

THE ASSOCIATED PRESS

Flipper's trainer detained

Ric O'Barry, an American who trained dolphins for the 1960s Flipper TV series, was arrested for not carrying his passport while in Japan to protest a dolphin hunt due to begin this week.

Police said they received a tip that O'Barry might be driving under the influence of alcohol. He passed a breath test but was detained after he could not produce his passport.

Japanese law requires that foreign visitors carry their passports or another acceptable form of ID.

THE ASSOCIATED PRESS

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metro DRIVE
Your essential daily news

Tesla Model S P85D breaks Consumer Reports' rating system, scores 103/100

ROAD TESTED

Here's one for the off-road

> **Toyota has stuffed the available TRD Off-Road edition with features that make it one of the most trail-capable pickups of any size.**

REVIEW

Multi-terrain selector, 'crawl control' among Tacoma's tricks

Jil McIntosh
Metro | Canada

For those of us who love trucks, it's always exciting to get behind the wheel of a new model. That was the case recently with the redesigned 2016 Toyota Tacoma, which I drove not just on-road, but on a punishing off-road course, too.

While its pavement performance rates about the same as with the outgoing Tacoma, Toyota has stuffed the available TRD Off-Road edition with features that make it one of the most trail-capable pickups of any size.

A 2.7-litre four-cylinder is carried over, while the 3.5-litre V6 is all-new. It uses technology that automatically adjusts the fuel delivery and engine performance to improve fuel economy, depending on the power needed, and is available with a six-speed manual or automatic transmission.

As before, the Tacoma comes as an Access Cab with rear-hinged back doors, or as a Double Cab with four regular doors, and in two- or four-wheel drive.

The redesigned cabin looks more upscale than before, but unfortunately the seating position hasn't changed. The seats are still set low on a high floor, and my leg gets cramped because I'm forced to sit with my knee too straight.

The off-road model's tricks include a multi-terrain selector to dial in the best automatic settings for snow, mud, sand or rocks, and a "crawl control" feature that works like low-speed cruise control. Once it's set, all you have to do is steer while the Tacoma pulls itself up or down the steepest hills. And if you want to prove it to your friends, a GoPro camera mount on the windshield is standard equipment on all models.

Towing capacity increases to 6,500 lbs. (2,548 kg), but Toyota says that smaller trucks are usually used more for hauling, and so payload rises to 1,620 lbs. (735 kg), and the tailgate has been reinforced to better handle ATVs and dirt bikes.

The new truck goes on sale later this month.

THE CHECKLIST | 2016 TOYOTA TACOMA

THE BASICS

Type. Four-door, five-passenger compact pickup truck
Engine (hp/torque). 2.7-litre four-cylinder (159/180); 3.5-litre V6 (278/265)
Transmissions. 5-speed manual (I4); 6-speed manual (V6); 6-speed automatic
Price. TBA

COOL FEATURES

- Standard fog lamps and heated mirrors
- GoPro windshield mount
- Qi wireless smartphone charging
- Available sunroof
- Locking and damped tailgate
- Available blind spot monitoring and cross-traffic alert
- Composite cargo bed

JIL MCINTOSH/FOR METRO

POINTS

- The V6's fuel-saving technology is also used on some Lexus models.
- The off-road package has an impressive approach angle of 32.1 degrees to handle rough terrain.
- New noise-suppressing features result in an extremely quiet cabin.
- The new frame is designed so that existing aftermarket accessories designed for the outgoing truck will still fit.
- A backup camera, and driver and passenger knee airbags, are standard on all models.

MARKET POSITION

While the full-size pickup segment is the most popular, compact and midsize trucks still take a slice of the market. Toyota's biggest concern is GM's new trucks, and this update, along with the improved off-road capability, should keep the Tacoma in the running.

THE COMPETITION

Chevrolet Colorado
Base price: $19,900

GMC Canyon
Base price: $20,600

Nissan Frontier
Base price: $22,748

SURVEY

Auto service industry has room for improvement, socially

AUTO PILOT

Mike Goetz

If you ever want to bring it down after a period of feeling too good, I find nothing works better than hanging around a service department or service shop waiting room, especially when it's full of nervous, pacing customers.

It's quite the vibe!

So we are not shocked at the results of a recent Canadian survey that asked how satisfied people were with the professional establishments that fixed and/or serviced their vehicles.

Turns out, the shops have room for improvement.

"There is significant opportunity to improve the service experience, as just 15 per cent of all service occasions in the last 12 months resulted in an overall customer satisfaction rating of 10 (out of 10), compared with 67 per cent of service occasions rated 8 or below," noted J.D. Ney, manager of the Canadian automotive practice at J.D. Power.

But what J.D. Power found interesting about these results, and the results of similar studies done over the last few years, was the source of the discontent.

Before, service shops were screwing up the actual work; now they're just screwing up the social interaction part.

Ney noted that "fixed right the first time" was a challenge for shops in past decades, but now it's happening 92 to 93 per cent of the time.

"Today customers expect you fix the problem… Just by fixing it (the shops) are just meeting the very base level of expectation."

He adds that people today are more apt to gauge the happiness level of their service experience on how they were treated by the people in charge of interacting with them, and the current level of that interaction is not that good.

$232

The average amount spent on a service visit last year

SOURCE: J.D. POWER 2015 CANADIAN CUSTOMER SERVICE INDEX LONG-TERM STUDY, FOR OWNERS WITH VEHICLES BETWEEN FOUR AND 12 YEARS OLD.

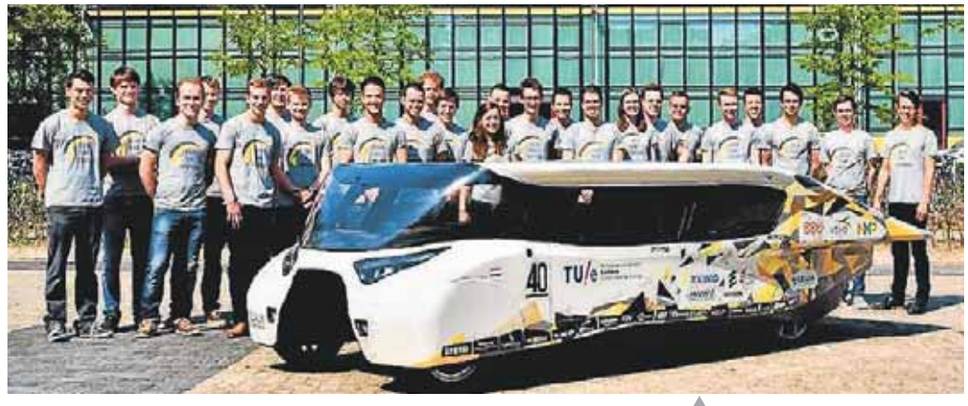
"I think what the automotive service industry has lacked for a long time is a focus on what might be called the softer skills."

This relates more to how the service adviser or technician greets the customer, and how they interact, inform and advise their customers as they move through the service experience.

In fact, Ney feels auto shops, both dealerships and otherwise, would be wise to adopt the Starbucks "barista" mentality, which is just as much about welcoming and making the customer feel good about his decision to visit Starbucks as it is about making the perfect iced peppermint white chocolate mocha.

With more dependable vehicles that also need less maintenance, Ney notes that we now tend to visit service facilities only two or three times a year, with a definite trend to only twice a year. That means more items need to be addressed when we do visit, and sometimes shop staff do a poor job at explaining why all this stuff needs to be done then and why it costs what it does.

Car gives back more than it takes



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ENERGY

Student-designed solar vehicle produces more power than it uses

Dutch students have developed a family car that's solar-powered and generates more energy than it uses. The Stella Lux, developed by a group of 21 students from the Eindhoven University of Technology, seats four adults and is designed to be efficient, intelligent and comfortable; the project's aim was to create "the car of the future." Besides generating electricity through 5.75 square metres of solar cells, it carries an additional 15 kilowatts of battery capacity. With a full charge, it has a range in excess of 1,000 kilometres and a top speed of 125 km/h. It will compete in the World Solar Challenge later this year in Australia.

USED CARS

Off-lease Leafs get lofty lauds

The all-electric Nissan Leaf sedan is a better-than-average choice among used cars, according to independent product watchdog Consumer Reports. And now is an especially good time to buy, if you can find one. That might soon become easier as the first 2011 Leafs approach the end of their leases. The sedan scored well when the magazine first tested it, impressing with its quietness, smooth operation and interior space. It gave the 2011 model its highest rating, "much better than average." The 2012 and 2014 models got a "better than average" rating while the 2013 Leaf scored "average." Used Leafs still might be difficult to find, however; Nissan is offering incentives to its U.S. customers of between $5,000 and $7,000 to buy their cars at end of lease.

FUEL ECONOMY

BMW previews water-injection technology

BMW has developed a water-injection system that it says offers improved performance and fuel economy.

The automaker's latest three-cylinder 1 Series prototype is fitted with water-injection technology that creates lower combustion temperatures and improves fuel economy by up to eight per cent. Lower combustion temperatures bring improved economy and reduce the risk of the engine developing "knock," allowing it to run a higher compression ratio than normal. BMW's system, says Gizmag, draws water from a small tank and sprays a fine mist into the intake manifold plenum where it evaporates, reducing temperatures by about 25 C.

TESLA

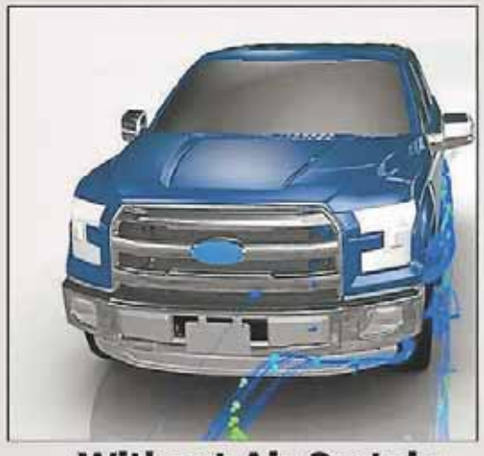
From 'Insane' to 'Ludicrous'

Tesla Motors has added a $10,000 US option it calls "Ludicrous" to its newest Model S variant that gets to 96 km/h from zero in a cheek-stretching 2.8 seconds. That's 0.1 second quicker than Porsche's gasoline-powered performance flagship 911 Turbo S, and almost a half second quicker than the "Insane" mode setting on Tesla's previous high-end model, the Model S P85D.

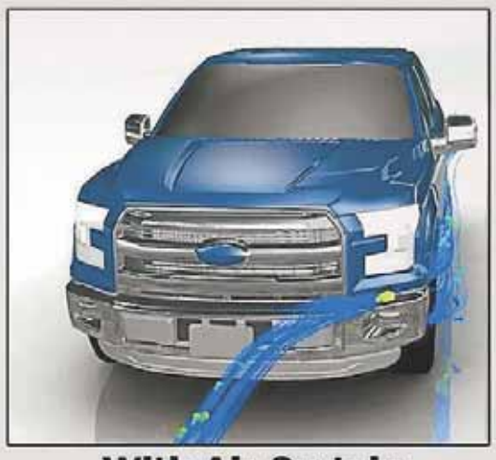
"Nobody was asking for Ludicrous Mode because it was too ludicrous," Tesla CEO Elon Musk told reporters on a conference call. "Insane Mode has been incredibly well-received. We figured out from an engineering standpoint how to go beyond Insane so we figured we should release that."

THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news



Without Air Curtain



With Air Curtain

DESIGN

F-150 more aerodynamic

Ford did more to enhance the fuel efficiency of its full-size 2015 F-150 pickup than constructing it largely of aluminum, making it about 300 kilograms lighter than the model it replaced. The company also worked on the truck's aerodynamics, including building in "air curtains" that help smooth airflow around the vehicle. Horizontal slots below the headlights channel air through ducting in the wheel wells, expelling it across the outer surfaces of the front wheels and tires. The system reduces the drag created by the turning tires and wheels. Other aerodynamic details include a flush-mounted windshield, a tailgate top that also acts like a spoiler, and taillights that channel air to reduce turbulence.

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Special Delivery: Impreza WRX

What test car is Garry bringing us this week? We literally have no clue until it lands in our driveway, but who are we to doubt Garry Sowerby, who has a bazillion Guinness records for around-the-world driving? That's a bazillion more than we have, after all. Come along for the ride as we deliver real-life, no-glam reviews.

JEFF MELNYCHUK WHEELBASE MEDIA

Of all the automakers out there, Subaru appears to have a good head on its shoulders.

A solid moral compass. Like a grandfather you can always count on for wisdom when you lack it, entirely.

And then there's weirdo uncle Ed — that would be the Subaru WRX — defying all logic and standing out like a sore thumb in a line of family-friendly transportation devices.

Weirdo Ed has always gone his own way and never worried too much about what others thought. His advice would be to live for today and buy what makes you feel good.

There are four doors on the WRX, but practicality is not the hot ticket, here. It could have no doors and a rope ladder to get you in through a submarine porthole in the roof and it's unlikely that buyers would care. Heck, they might even like it. The wackier the WRX is, it seems, the better.

That has to be the reasoning for a car that costs precisely $10,000 more (base price to base price) than the exact same car without the WRX's 268-horsepower turbocharged four-cylinder engine. And without the lumpy bodywork and quad exhaust. Yes, one exhaust tip for each of the four cylinders.

If you're looking for sage advice, you might as well stop reading right here and now because weirdo uncle Ed is in the house.

This particular WRX has some subtle extras and rings in at about $32,700 (plus destination charges and taxes and junk), but you can drop close to $40,000 on a WRX with all the trimmings and more than $45,000 for the virtually identical-looking 305-horsepower WRX STI.

The primary buyers appear to be young men in their 20s — and Garry, it would seem — who swoon over the exaggerated body bulges, dark wheels and blue paint. Most who struck up conversations at gas stations and food trucks were eventually a little disappointed and even expressed some sympathy that it wasn't the hero STI.

The Subaru Impreza WRX: Not pretty, but pretty blue. Too-tiny wheels, too. ALL PHOTOS WHEELBASE MEDIA

Still, 268 horsepower from the boosted 2.0-litre is decent, even though most midsize family sedans for the same kind of the money (or less) will have more room and smooth V6 engines that make around 300 horsepower. Only a couple offer all-wheel drive, but the point is that value is in the eye of the beholder. If you're buying a WRX, it's because you really want a WRX.

It's not extra money just for the name, though. Its best attribute is the way it drives on the highway, requiring zero correction of the wheel. It stays put in the lane, rides smoothly and it has enough power so you don't have to downshift the manual transmission to fifth from sixth (a continuously variable transmission is optional) to overtake slower traffic.

Around town, however, power delivery is bouncy/inconsistent and it's difficult to execute a shift that doesn't involve some form of whiplash. There's also very pronounced — young men might find it soothing, though — exhaust drone when the engine idles down.

Otherwise, it's roomy and the interior is fine if not a bit underwhelming with Halloween-orange dials, two clocks positioned right beside each other and an audio system that's dying for an upgrade, which you can of course spend more money to do.

For true enthusiasts of the WRX, just OK in some areas will be just fine because merely owning Subaru's weirdo uncle Ed is all that really matters.

"The wackier the WRX is, it seems, the better.

Big scoop makes Uncle Ed look a little hangry.

Roomy, though the interior is a bit underwhelming.

LET'S TALK

WOW: It's really, really blue; sensational ride and steering; roomy; young men swoon.

HMM: Power? Reality falls short of the legend; 17-inch wheels look tiny; interior shortcomings considering cost; disappointing looks from people when they realize it's not the STI; hollow audio system.

Mash-up of display styles. Hard to know where to look.

Sometimes one clock just isn't enough?

Garry acts like a 20-year-old, so the WRX suits him nicely.

metro SPORTS

Jose Reyes started off a rare triple-play in the Rockies' 6-4 loss to Arizona

Wednesday, September 2, 2015

Extra special ending

MLB

Low-key second baseman latest Jay to step up in big moment

TUESDAY In Toronto

5	3
BLUE JAYS	INDIANS

Ryan Goins hit a two-run home run in the 10th inning to lift the Toronto Blue Jays to a 5-3 win over the Cleveland Indians on Tuesday night.

Edwin Encarnacion had an RBI sac fly in the first inning for Toronto (75-57), but was held hitless for the rest of the game to end his 26-game hitting streak.

Encarnacion's streak was the second longest in Blue Jays history, behind Shawn Green's 28-game roll in 1999.

Marco Estrada (11-8) pitched seven innings, striking out two but only allowing five hits. He was relieved by Aaron Sanchez, Roberto Osuna, Brett Cecil and Mark Lowe.

Lowe was the pitcher of record, earning the win after picking up one out in the top of the 10th inning.

Yan Gomes had a pair of home runs as Cleveland (64-67) had its six-game win streak snapped. Michael Brantley had a homer of his own in the fourth inning.

Cody Anderson (2-3) gave up two runs and three hits, with two strikeouts over six innings. Ryan Webb allowed a go-ahead run in the seventh and Jeff Manship retired three straight batters in the eighth. Brian Shaw allowed Goins homer after an inning and a third of work.

Catcher Dioner Navarro led off the 10th inning with a single to right field. After Kevin Pillar flied out to centre field, Goins came to the plate.

Goins put a 1-0 slider from Shaw over the right-field wall and was mobbed by his teammates at home plate while the crowd erupted.

Toronto got to Anderson in the first inning, as Encarnacion's sacrifice fly to deep centre field gave Josh Donaldson enough time to run home from third base for a 1-0 lead.

Another sacrifice fly put the Blue Jays up 2-0. Jose Bautista's popout to left field sent Goins home in the third inning.

THE CANADIAN PRESS

Second baseman Ryan Goins arrives at home plate to a mob of teammates after hitting a walk-off home run on Tuesday night at Rogers Centre. STEVE RUSSELL/TORSTAR NEWS SERVICE

.778

By going 21-6, the Blue Jays' .778 winning percentage matched the 1938 New York Yankees, who own the American League record for victories in a month with 28 in 36 games that August.

49

No major-league team hit as many home runs last month as the Blue Jays, with MVP candidate Josh Donaldson and Edwin Encarnacion each contributing 11 and Jose Bautista adding 10.

170

Toronto's 170 runs scored in August led the majors at an average of 6.30 a game and their 720 runs this season are 90 better than the next-closest team.

87

The Blue Jays outscored opponents by 87 runs in August, improving their major-league-best run differential to plus-191, which is 51 more than the National League-leading St. Louis Cardinals.

7-1/2

Their August run allowed the Blue Jays to make up 7-1/2 games in the American League East — going from six back of the New York Yankees on the morning of Aug. 1 to 1-1/2 up on Sept. 1.

Andrew Wiggins runs into Argentina's Marcos Delia during on Tuesday. EDUARDO VERDUGO/THE ASSOCIATED PRESS

FIBA AMERICAS

Scola takes Canada to school

TUESDAY In Mexico City

94	87
ARGENTINA	CANADA

Luis Scola gave Canada's talented but inexperienced basketball team a lesson on just how hard it is to qualify for the Olympic Games.

The veteran power forward scored 35 points and added a game-high 13 rebounds to lead Argentina to a 94-87 win over Canada on Tuesday at the 2015 FIBA Americas basketball championship in Mexico City.

The Toronto Raptors, who signed Scola after last season, must have been thrilled watching the 35-year-old dominate the court like he was 10 years younger. Scola bullied his way to rebounds, created turnovers and was accurate from two-point range. He had two steals and two assists while shooting 57 per cent form the floor.

Point guard Nicolas Laprovittola added 20 points and four assists for Argentina, which opened with a 91-86 win over Puerto Rico on Monday.

Minnesota Timberwolves teammates Andrew Wiggins and Anthony Bennett led Canada with 13 points each, with Boston centre Kelly Olynyk adding 10 rebounds and Raptors point guard Cory Joseph dishing out seven assists.

Canada (0-1) will try to get back on track to qualify for the 2016 Olympics when it faces Cuba on Wednesday. The top two in the 10-team tournament qualify for the Rio Games.

THE CANADIAN PRESS

IN BRIEF

Murray and Wozniacki into 2nd round of US Open

Andy Murray was only briefly troubled by Nick Kyrgios in the most-anticipated match of the U.S. Open's first round.

The third-seeded Murray, who won the title at Flushing Meadows in 2012, hit 18 aces and saved 11 of 14 break points en route to 7-5, 6-3, 4-6, 6-1 victory over Kyrgios on Tuesday night. Caroline Wozniacki, last year's U.S. Open runner-up to Serena Williams, beat NCAA champion Jamie Loeb 6-2, 6-0.

THE ASSOCIATED PRESS

Yankees defeat Red Sox thanks to Gardner homer

Brett Gardner homered and Stephen Drew hit a two-run double as the New York Yankees pieced together just enough offence to overcame Rick Porcello's career-high 13 strikeouts and beat the Boston Red Sox 3-1 on Tuesday night.

Porcello (6-12) scattered five hits over eight innings and the only earned run he allowed was Gardner's solo homer in the eighth.

Michael Pineda (10-8) pitched six strong innings for the Yankees, scattering four hits and striking out seven and Andrew Miller picked up his 29th save as New York evened the series at one game apiece.

THE ASSOCIATED PRESS

Olympic promise made to test polluted Rio waters

Olympic organizers promised Tuesday to introduce viral testing in the polluted waters in Rio de Janeiro where about 1,400 athletes will compete in 2016.

The IOC and Brazilian organizers had repeatedly insisted that only bacterial testing was required despite an independent five-month analysis by The Associated Press showing dangerously high levels of viruses from human sewage at all Rio Olympic water venues.

Acknowledging that viral water testing was now necessary, local organizers said that they were studying how best to carry out the analysis.

THE ASSOCIATED PRESS

Reshaped Riders expect wins

CFL

Pressure on Dyce right away as Bombers set to visit Regina

Bob Dyce won't have a grace period as the new head coach of the Saskatchewan Roughriders.

Dyce was named the Riders' interim head coach after Corey Chamblin was fired Monday night, along with general manager and vice-president of football operations Brendan Taman.

The moves came a night after Saskatchewan's humiliating 35-13 road loss in Ottawa on Sunday to drop to 0-9 on the season.

Dyce, 49, doesn't have the luxury of time to get settled into his new gig as Saskatchewan hosts the Winnipeg Blue Bombers on Sunday. And new Riders president and CEO Craig Reynolds said the organization has high expectations for this weekend's contest.

"Certainly we expect a win Sunday and to get back into the (West Division playoff) race," Reynolds told reporters Tuesday. "This club should be competing for first and second year in and year out."

Dyce immediately named Brett Smith his starting quarterback after the rookie was benched in the first half against Ottawa. Dyce added he's not planning to make further changes to the Riders' coaching staff.

"What I'm looking forward to is the opportunity ahead of me," said Dyce, who has spent over a decade coaching in the CFL. "We have a great opportunity right now to change the fortunes of this season and that's what I'm focused on."

Dyce, who began the season as Saskatchewan's special-teams coach, is in his sixth year with the CFL club. He also spent seven campaigns as a coach and player-personnel director with Winnipeg.

THE CANADIAN PRESS

Bob Dyce. MICHAEL BELL/ THE CANADIAN PRESS

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U.S. OPEN

Wozniacki eases into second round

Caroline Wozniacki crashed John Isner's post-match news conference, needling her good friend for arriving late to his interview session and delaying the start of hers.

The fourth-seeded Wozniacki was in quite a hurry Tuesday, when she needed just 67 minutes to win her first round match at the U.S. Open against an opponent making her Grand Slam debut. Those sorts of lopsided victories have been rare among the top women so far in the first round.

Of the first 25 seeded players to take the court, nine lost. Half of the top 10 women are already out, counting third-seeded Maria Sharapova's withdrawal because of injury.

This comes in a year when the main spectacle is whether Serena Williams can complete the first true Grand Slam since Steffi Graf in 1988. Less than two days into the tournament, fewer and fewer top rivals stand in her way.

Even with Wozniacki in the audience, Isner stated the obvious about the women's field.

"Caroline's got as good a shot as anyone. Obviously Serena is the favourite," the 13th-seeded American said after his own straight-set victory.

Sixth-seeded Lucie Safarova, who pushed Williams to three sets in the French Open final, was upset by 37th-ranked Lesia Tsurenko earlier Tuesday.

She said after losing 6-4, 6-1 that she was bothered by a strained abdominal muscle on her right side that she hurt in losing the New Haven final Saturday.

Like Wozniacki, second-seeded Simona Halep had no trouble, moving on in 47 minutes on a hot, humid day when Marina Erakovic retired in the second set. Halep was leading 6-2, 3-0.

Wozniacki, last year's U.S. Open runner-up to Williams, beat NCAA champion Jamie Loeb 6-2, 6-0. THE ASSOCIATED PRESS

Caroline Wozniacki. KENA BENTACUR/AFP/GETTY IMAGES

IN BRIEF

Cohon gets gig in music business

Mark Cohon has a new gig.

The former CFL commissioner was named the chairman of the board for The Canadian Academy of Recording Arts and Sciences, Juno Awards and MusiCounts on Tuesday. Cohon will assume the post Sept. 29 and succeed Ed Robinson as the 11th chairman of the board.

"We have much to be proud of in our Canadian music industry," Cohon said. THE CANADIAN PRESS

Esks sweep weekly CFL honours

Quarterback James Franklin, running back/returner Kendial Lawrence and receiver Derel Walker led the Edmonton Eskimos to a sweep of the Shaw CFL top performer of the week honours.

It marks the third time this year a team has swept the league's weekly awards.

The Eskimos dismantled the Toronto Argonauts 38-15 at home on Friday night. THE CANADIAN PRESS

RECIPE Penne with Roasted Asparagus, Cherry Tomato, Arugula and Goat Cheese

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Ready in
Prep time: 10 minutes
Cook time: 10 minutes

Ingredients
- 2 cups uncooked penne
- 12 medium asparagus spears, trimmed
- 2 cups cherry or grape tomatoes
- 2 oz crumbled goat cheese (1/2 cup)
- 1/2 cup pitted black olives, sliced in half
- 2 cups baby arugula or spinach

Dressing
- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 2 tsp Dijon mustard
- 1 tsp minced garlic
- Salt and pepper

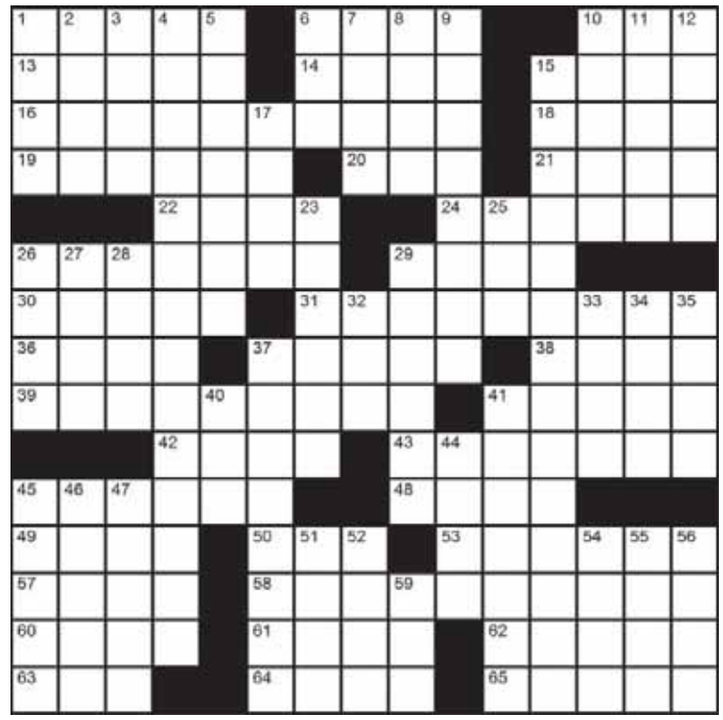
Directions
1. In preheated oven of 400 F, place asparagus and cherry tomatoes on baking sheet. Spray with vegetable oil and roast for 10 minutes.
2. Meanwhile, in a pot of boiling water, cook penne until just firm to the bite, about eight minutes. Drain and place in serving bowl. Cut asparagus into one-inch lengths and add to pasta along with tomatoes.
3. Add cheese, olives and arugula to pasta.
4. Dressing: Combine ingredients in small bowl and add to pasta.

Nutrition per serving (recipe serves 4)
- Calories 390
- Protein 13 g
- Carbohydrates 53 g
- Fibre 4 g
- Total fat 14 g
- Saturated fat 4 g
- Cholesterol 10 mg
- Sodium 230 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Arcade Fire's "Neighborhood #2 (_)"
6. Hightail it
10. "Curb Your Enthusiasm" star Mr. David, casually
13. Wearing _ __ (Smiling)
14. Stockings
15. "The Flintstones" pet
16. Realm for a journalist's work: 2 wds.
18. Swedish store
19. Horse riding seat
20. Wild ox
21. Enthusiasm
22. Packet of paper
24. Harry Potter, for one
26. Toronto-born actress Ms. Watson whose name is Western-inspired
29. Movie company
30. Provokes
31. Particular potato: 2 wds.
36. Terrestrial stage newts
37. Divulged
38. Family suffix in zoology
39. Youngest daughter of Princess Grace of Monaco
41. Apple pie serving
42. 'Christ' suffix (Some religious people)
43. Some brand name tea bags
45. Spain's capital
48. Captain Hook's sidekick
49. Juice berry
50. Entirely
53. Prepares the potatoes this way
57. Light baseball hit
58. Randy Bachman prop: 2 wds.
60. Abbreviated list-enders
61. Naturalness
62. Shatner's famous co-star
63. Ms. Remick
64. Double
65. Mattress manufacturer

DOWN
1. _ it up (Eats heartily)
2. Taj Mahal's site
3. "How can _ __ my garden of slugs?" (Gardener-to-expert query)
4. Green Gables... Dear friends, to Anne Shirley: 2 wds.
5. Rustic cabin decorations
6. "__ Bop" by Cyndi Lauper
7. "Agent _ Banks" (2003)
8. "Heat of the Moment" band
9. Material used for building boats
10. "_ _ Rolling Stone" by Bob Dylan
11. Close by, in verse
12. Willy Wonka creator Mr. Dahl
15. American jazz trumpeter who collaborated with Canadian pianist Oscar Peterson: 2 wds.
17. Nitty-gritty
23. Ancient peoples of Chichen Itza
25. Auberge
26. Eras
27. Artist's workplace
28. Diminish
29. Acting's Mr. Ulrich, and namesakes
32. Mr. Geller
33. Garfield's pal
34. Delicate, as a doily
35. Kiki and Sandra
37. Covered with medical wrapping
40. "Bali _": Song from "South Pacific" (1958)
41. The 'S.' of writer T.S. Eliot's name
44. English actress Ms. Watson
45. Silent movies star Ms. Normand (b.1892 - d.1930)
46. Razor-sharp
47. Do the waltz
51. Hawaiian happening
52. Ms. Kudrow
54. "Give __ round of applause!" (Clap for this guy, people!)
55. Environmental sci.
56. Vodka brand
59. _ Aviv, Israel

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Everything in life happens for a reason, so don't get uptight if you don't like what occurs today. What you call "bad luck" may in fact be good luck, adjust your perspective.

Taurus April 21 - May 21
Don't take anything too seriously. If you let yourself get annoyed too easily you will look back and realize how much time and energy you wasted on things that don't matter.

Gemini May 22 - June 21
Sometimes it can be difficult to know whether to laugh or cry and what happens today will certainly leave you with mixed emotions. If you feel depressed, look up a friend you have not seen in a while.

Cancer June 22 - July 23
Stay patient because if you get restless you may do something you later regret. Act as if you are being watched by people on whom your future depends.

Leo July 24 - Aug. 23
There is no point trying to hide your feelings because everyone can read the look on your face. Why would you want to hide your feelings anyway? People expect you to be outspoken.

Virgo Aug. 24 - Sept. 23
Stop lamenting what might have been and start looking forward to what still can be. You have the talent and the tenacity to turn things around. Your future is bright.

Libra Sept. 24 - Oct. 23
Forget about your chores and do something that makes you feel alive. Stay positive, because then and only then will you make a good job of what you are working on.

Scorpio Oct. 24 - Nov. 22
There are a lot of strange things going on around you at the moment. Should you be worried? No. Whatever may be going on it is not directed at you personally. You may in fact benefit in the long-term.

Sagittarius Nov. 23 - Dec. 21
It's time to get rid of all your old junk. And not just physical junk, but mental and emotional junk too. You will have more space for the things, and people, that matter.

Capricorn Dec. 22 - Jan. 20
You seem to be worried that something of value is being taken from you but ask yourself: how many times in the past have your worries proved to be unfounded? Stop worrying and start living.

Aquarius Jan. 21 - Feb. 19
You have important things to do today but what matters most is the way you do it. Once others see your confident air they will respect you and do whatever you ask of them.

Pisces Feb. 20 - March 20
You are assertive, but don't force people to do things your way when they don't want to. You may succeed but you will also create bad feelings. Think before you act.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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